

metro

NEW YORK CITY NO. 1 FREE DAILY IN THE US

Thursday, November 30, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

GENO HAS SOME BIG SHOES TO FILL

Taking a look at Eli Manning's benching. 27-28

Playing in
a Winter
Wonderland.
24

Holiday
Gift Guide.
16-23

#YouToo

Matt Lauer's removal from the 'Today' show
revealed bombshell allegations of ongoing
sexual harassment and lewd behavior. 8-9

GETTY IMAGES



Money magazine says we're #1.
So do our students.

NYSCAS. A division of Touro College ➔ nyscas.touro.edu | 1.855.338.6876

Touro is an equal opportunity institution. For Touro's complete Non-Discrimination Statement, visit: www.touro.edu
MONEY is a registered trademark of Time Inc. and is used under license. From MONEY Magazine, ©2017 Time Inc. Used under
license. MONEY and Time Inc. are not affiliated with, and do not endorse products or services of Touro College.
*Touro College was named #1 in the Value-Added all star category.

WELCOME TO METRO.US



JOSHUA CROUTHAMEL, FEATURES EDITOR

I hate shopping ... which makes me the perfect person to help advise you on what to get for everyone on your list. Why? Because I'm ruthlessly efficient, can stick to a budget and order everything online. If you'd like to power through your holiday gift list in a few keystrokes, check out our guide to this year's perfect presents and consider the holidays wrapped. Mazel and Merry, Metro readers!

NORTH KOREA SAYS US MAINLAND IN RANGE

I North Korea said it successfully tested its most advanced intercontinental ballistic missile yet, putting the U.S. mainland within range and increasing pressure on President Trump to deal with the nuclear-armed nation. Trump, who has vowed to halt North Korea's nuclear and missile programs, spoke with Chinese President Xi Jinping on Wednesday and urged Beijing to rein in its ally North Korea.

North Korea said the new missile reached an altitude of about 2,780 miles - more than 10 times the height of the International Space Station - and flew 590 miles during its 53-minute flight. It flew higher and longer than any North Korean missile before, landing in the sea near Japan. Experts said the new "Hwasong-15" missile theoretically gave North Korea the ability to hit the U.S. mainland, including the East Coast.

GLITCH LEAVES FLIGHTS IN DECEMBER PILOTLESS

2 A system scheduling error has left thousands of American Airlines flights in December without scheduled pilots, the carrier's pilots union said. The Allied Pilots Association estimated that more than 15,000 flights from Dec. 17 to 31 were affected by a glitch in the system in which pilots bid for time off based on seniority. "Basically there's a crisis at American for manning

the cockpits," Dennis Tajer, a spokesman for the Allied Pilots Association, said. The system error was disclosed to pilots on Friday, the union said. "We have reserve pilots to help cover flying in December, and we are paying pilots who pick up certain open trips 150 percent of their hourly rate — as much as we are allowed to pay them per the contract," American Airlines spokesman Matt Miller said.



GREECE PROTEST

3 Anti-riot police spray tear gas toward protesters during clashes as protesters attempt to enter a courtroom in Athens on Wednesday. People protesting homes' auctions clashed with police at an Athens court of appeals as foreclosures begin anew as part of reforms under Greece's bailout plans.

GETTY IMAGES

5 THINGS YOU NEED TO KNOW

PANEL NEAR CONSENSUS ON NSA SPY PROGRAM

4 Members of the U.S. House of Representatives Intelligence Committee are close to an agreement on how to overhaul a controversial National Security Agency surveillance program and hope to complete legislation soon, the top Democrat on the panel said on Wednesday. Representative Adam Schiff said he had proposed a compromise that would let intelligence agencies query

a database of information on Americans in national security cases without a warrant, but would require a warrant to use the information in other cases, such as those involving serious violent crime. "This would prevent law enforcement from simply using the database as a vehicle to go fishing, but at the same time it would preserve the operational capabilities of the program," Schiff told reporters.

BUBBLE TROUBLE? BITCOIN TOPS \$11,000

5 Bitcoin zoomed past \$11,000 to hit a record high for the sixth day in a row on Wednesday after gaining more than \$1,000 in just 12 hours, stoking concerns that a rapidly swelling bubble could be set to burst in spectacular fashion. After soaring more than 1,000 percent since the start of the year, bitcoin rose as much as 15 percent on Wednesday, but by mid-afternoon in New York,

the virtual currency was trading at \$9,500, down 3.7 percent on the day on Luxembourg-based Bitstamp BTC=BTSP, one of the largest and most liquid cryptocurrency exchanges. "As many seasoned traders know all too well, anything that rockets higher, tends to fall down faster when the time comes, and the time will come," James Hughes, chief market analyst at FX broker AxiTrader, said.

TONY'S
METRO
MAGIC
2017



As we enter the season of giving, Metro asks that you donate to Tony's Metro Magic annual holiday toy drive to help underprivileged children in your community. You can donate by visiting metro.us/magic, clicking on the toy wish-list link of your choice, and ordering via a secure payment system. Toys will then be distributed to local children in need.



SHARE A LITTLE HOLIDAY MAGIC



Visit NYLotteryHolidays.com
for a second chance to win.

©2017 New York Lottery. You must be 18 or older to purchase a lottery ticket. PLEASE PLAY RESPONSIBLY.
For help with problem gambling, call 1-800-5-NOT-TO-PLAY or visit NYGAMBLINGHELP.org.



Caring for Your Professional Voice

The Grabscheid Voice and Swallowing Center of Mount Sinai in New York City helps thousands of performers and professionals each year care for their voice and airway. Our highly skilled laryngologists collaborate closely with speech language pathologists and your trainers to ensure the best possible outcome.

Our expert team treats:

- Problems related to performance voice use
- Vocal cord lesions
- Vocal cord paralysis
- Neurologic dysphonia
- Dysphagia and swallowing disorders
- Voice loss or change of quality
- Chronic cough/laryngeal hypersensitivity
- Airway disorders (including stenosis)

Learn more at

www.mountsinai.org/voicecenter

To make an appointment, call

212-241-9410.



Mount Sinai



Regional Plan Association sees more regional rail, urban street space and 24/3 subway service in the future of the New York-New Jersey-Connecticut metro region. PIXABAY

RPA sees more regional rail, urban street space and 24/3 subway service in our future

For just the fourth time, the century-old Regional Plan Association has released a comprehensive vision for the New York-New Jersey-Connecticut metro region.



NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

For nearly a century, the Regional Plan Association has helped shape the New York City-New Jersey-Connecticut metro region. And for just the fourth time in its history, the organization on Thursday is releasing a long-term vision for the area's future regarding affordability, resilience and infrastructure amid technological advancements and climate change.

Previous plans, released in 1929, 1968 and 1996, helped guide everything from the location of the George Washington Bridge, which was originally planned for midtown, to the development of Hudson Yards and waterfront re-

vitalization.

"Instead of just looking at the question of how do we grow, RPA really looked at what kind of region would we want to be 25 years from now and what values do we hold as an organization do we want to hold as a region," said Dani Simons, vice president of strategic communication.

To create the five-years-in-the-making study, RPA worked with academic, experts, residents and civic, private and public sector groups to devise 61 recommendations that range from restructuring the MTA

and Port Authority, expanding and modernizing transit, significantly reducing CO2 emissions and solving the housing crisis.

"A lot of the stuff we pushed for in 1996, we did start getting momentum on over the decades, but not to the extent that we needed," said Rich Barone, vice president of transportation, citing the ongoing East Side Access work and eventual opening of the Second Avenue subway.

This is the first in an ongoing Metro series about the RPA's "Fourth Regional Plan." For more info, visit fourthplan.org.

RECOMMENDATIONS

Among the RPA's new suggestions for everyone's favorite thorn, mass transit, are:

- Having the MTA create a subway reconstruction authority to focus on overhauling and modernizing within 15 years.
- Charging drivers coming into Manhattan's central business district and tolling major roadways.
- Expanding regional rail, including on deactivated and freight-only lines.
- Building a second bus

terminal in the basement of the Javits Center.

- Opening up 80 percent of urban street space for walking, biking and transit by 2040 having the Gateway Project connect into Queens and Long Island.
- Changing subways from 24/7 to 24/3 as overnight weekend ridership has risen, with suggested shutdowns between 12:30 a.m. and 5 a.m., to allow for daily maintenance on tracks and in stations.

\$99

FIRST VISIT*

Includes Exam,
X-rays & Cleaning



\$1,995

IMPLANT SPECIAL**

Includes Implant,
Abutment & Crown



\$995

SNAP-ON SMILE SPECIAL***

Includes Free
Initial Consultation



We're committed to making you smile!

At Manhattan Dental Arts, we are pleased to offer you and your entire family exceptional dental care. Our professional full-service dentistry paired with our outstanding patient care is a winning combination. Our dentists pride themselves on establishing rewarding and lasting relationships. We pledge excellence in all we do and we are looking forward to helping you make the most of your smile now and for all the years to come.

- General, cosmetic & restorative dentistry
- Dental implants
- Invisalign®
- Crowns & veneers
- Teeth whitening
- Snap-On Smile®
- Emergency same-day dental treatment
- Evening & weekend appointments available

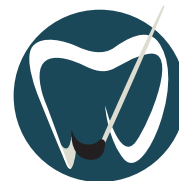
We also provide affordable dental financing options, accept most insurance plans, and offer an in-house discount dental program.

Call or visit our website today to book an appointment!

646.354.7620

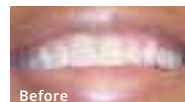
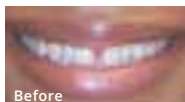
MANHATTANDENTALARTS.NET

Manhattan Dental Arts 1995 Broadway, Suite 200, New York, NY 10023



MANHATTAN DENTAL ARTS

Home of the Inventor of the
Snap-On Smile®



Must mention offers to receive discount. These offers may not be combined with any other offers, discount, insurance, or reduced-fee program. *New patients only. Includes comprehensive exam, all necessary X-rays as determined by provider and basic routine cleaning. In the event gum disease is diagnosed, patients will receive \$25 credit toward needed treatment in lieu of cleaning. ADA 0150, 0210, 0272, 0274, 0330, 1110. **Includes exam, all necessary X-rays as determined by provider, implant placement, healing screw, prefab abutment, and porcelain fused to noble metal crown. Custom abutments are additional. Restrictions may apply. Treatment needs may vary by patient. Not valid on previous treatment or treatment already begun. ADA codes may include 0150, 0210, 0272, 0274, 0330, 6010, 6199, 6056, 6058. ***Includes free initial consultation. Restrictions may apply. Treatment needs may vary by patient. Not valid on previous treatment or treatment already begun. The above-listed practice complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. All offers expire 60 days after receipt.

Experts: Universal basic income would boost American economy by \$2.5 trillion

Economic growth of 13 percent would be worth the investment, some say.

MICHAEL MARTIN
@MetroNewYork
letters@metro.us

A new study shows that giving every American adult an automatic income of \$1,000 a month would be a major boon to the economy.

The analysis by the Roosevelt Institute concluded that a univer-

sal basic income (UBI) of that amount would grow the economy by 12.56 percent over 12 years, increasing the gross domestic product by \$2.48 trillion. Researchers also investigated a \$500 monthly

income and a \$250 "child allowance" for each child in a family, and concluded that the more generous the UBI, the greater the benefits.

The researchers assumed that UBI would be paid for by increas-

ing the deficit, not via taxes, reports Futurism. "When paying for the policy by increasing taxes on households rather than paying for the policy with debt, the policy is not expansionary," they wrote. "In effect, it is giving to households with one hand what it is taking away with the other. There is no net effect."

How does it work and isn't going into debt a bad thing?

The more money a household has, the more goods and services they buy, which creates demand for more jobs that provide those goods and services. Businesses have more income to pay corporate taxes on, which helps offset the government's spending on the program. "The individual macroeconomic indicators are [qualitatively] what one would predict given an increase in aggregate demand: in addition to the increase in output, employment, labor force participation, prices, and wages all go up as well," the authors write. "Even in a deficit-financed policy, an increase in the government's liabilities is miti-

gated by the increase in aggregate demand." Sign everyone up!

OK, so is there a downside?

Not so fast: Some economists argue that a basic income wouldn't fix the structural problems with the economy that has created record income inequality, including a low minimum wage and the weakened power of unions. Other say UBI wouldn't compensate for the loss of jobs caused by increased automation.

And there is the matter that a UBI hasn't been attempted before. Trials of a universal basic income are approaching in Scotland. After the 2016 presidential election, Hillary Clinton revealed that she considered running on a platform that would have included a universal basic income, but she couldn't figure out how to pay for it. But now that the Republicans, traditionally deficit hawks, are running on a tax-cut plan that would add \$1.4 billion to the deficit, Washington may be slightly less allergic to at least having the discussion in future.

NOW is the time to take care of YOUR BODY!

- ✓ Varicose Veins
- ✓ Leg Ulcers
- ✓ Spider Veins
- ✓ Pain/Burning
- ✓ Restlessness
- ✓ Heaviness
- ✓ Swelling
- ✓ Itching
- ✓ Fatigue
- ✓ Cramping

Frustrated with previous treatments, services and poor results?

Trust the doctor that cares about you!



- **Personal** & discrete care delivered directly Ronald Lev, MD
- **Certified** by the American Board of Venous and Lymphatic Medicine and the American Board of Anesthesiology

- **No downtime**
- **15 minute** minimally invasive procedures
- **Consistently** ranked #1 Vein Doctor in NYC by our patients

Tired of long diets, juice cleanses & lotions?

Smart Lipo Laser Body Countouring

GET RID OF...

- ✓ Body Fat
- ✓ Sagging Arms
- ✓ Double Chin
- ✓ Cellulite & more



ADVANCED
VARICOSE VEIN

TREATMENTS OF MANHATTAN
TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM

212.204.6501

Most Vein Treatments Covered by Major Health Insurances including Medicare

NEW MIDTOWN LOCATION
369 Lexington Ave.,
Suite 18A (bet 40th & 41st St),
New York, NY 10016
close to 4, 5, 6, 7, S, F and
Metro North

111 John St, Ste 1450
(Bet Cliff & Pearl St),
New York, NY 10038

**EVENING
APPOINTMENTS
AVAILABLE!**
¡Hablamos
Español!



Some economists argue that a basic income wouldn't fix the structural problems with the economy that has created record income inequality. GETTY IMAGES

FALL SPECIAL



\$595*
Implant

*Must be completed at our office to qualify for promotional fees

**Complete tooth replacement
with post and crown**

\$1295*

**OFFER
EXPIRES**

12/02/2017

*All work must be completed at Elite Dental Implants
to qualify for promotional fee of \$1295 for Complete Tooth
Replacement. Limit 3 implants per patient.
Full payment due upon commencement of treatment.

Elite Dental Implants



Manhattan Location
50 Broadway Suite 2001
New York, NY 10004

**3 Convenient
Locations**

*Speak with your
Smile Today!*

New Queens Location
30-80 21st Street Suite C1,
2nd Floor,
Astoria, NY 11102

Long Island Location
601 Franklin Ave Suite 100
Garden City, NY 11530

FREE CONSULTATION
REPLACE MISSING TEETH PERMANENTLY

*Must bring this ad
on your first visit.*

646-791-8075

EliteDentalImplants.com

CALL

Se Habla Español

Mention you saw us in Metro Newspaper

TODAY!

Crude details revealed in Matt Lauer sexual-harassment scandal

NBC fired the “Today” co-host after a female colleague came forward with claims of inappropriate behavior.



MORGAN ROUSSEAU
@metromorgan
morgan@metro.us

Sex toys, exposed genitals, lewd texts and crude comments were part of former “Today” co-host

Matt Lauer’s harassment repertoire, according to a Variety exposé.

NBC fired Lauer Wednesday after a female colleague claimed he sexually harassed her for years, making him yet

another rich and powerful man to be felled this year by accusations of harassment. His termination sent shockwaves through U.S. morning television, where Lauer has been a fixture since 1997, as of

2017 reportedly earning \$25 million a year.

The complaint made by an unnamed female colleague Monday night was a “clear violation” by Lauer of the company’s standards, NBC News Chairman Andrew Lack said in a statement.

“While it is the first complaint about his behavior in the over 20 years he’s been at NBC News, we were also presented with reason to believe this may not have been an isolated incident,” Lack said.

By the afternoon, more details of the 59-year-old’s alleged misdeeds came to light.

Variety’s report claimed Lauer, who is married with three children, sexually harassed multiple colleagues at NBC and gave one woman a sex toy as a gift along with an explicit note about how he wanted to use it on her. In another incident, Lauer allegedly summoned a woman to his office, then showed her his penis. He reprimanded her when she refused the advance,

the report claimed.

Lauer allegedly grilled women about who they’d slept with, and asked male and female colleagues in the office to play the game “Fck, marry or kill.”

The exposé goes on to describe Lauer as a man obsessed with women’s appearances and who would make lewd comments both in-person and over texts.

“He once made a suggestive reference to a colleague’s performance in bed and compared it to how she was able to complete her job, according to witnesses to the exchange. For Lauer, work and sex were intertwined,” the report said.

Two of the accusers told the magazine that Lauer had a button under his desk that allowed him to quickly lock the door from the inside, ensuring privacy for his alleged harassment.

As of deadline, Lauer had not commented on his firing or the sexual harassment claims.

Reuters contributed to this report.

Painful Varicose Veins and Swollen Legs?

384 E. 149th STREET NOW OPEN!

Are you or a loved one suffering from the following symptoms?

- ☒ Varicose Veins
- ☒ Spider Veins
- ☒ Itching and Burning
- ☒ Leg Pain
- ☒ Leg Cramps
- ☒ Swollen Legs
- ☒ Skin Discoloration
- ☒ Leg Ulcers
- ☒ Blood Clots
- ☒ Difficulty Standing



We specialize in a wide range of treatment options including care of Peripheral Artery Disease (PAD) and wound care.

Covered by Medicare, Medicaid, and most insurance plans

Don't suffer another day! Call us now!

(917) 717-5135



www.USAVeinClinics.com

© February, 2017 USA Vein Clinics®. All rights reserved.

NEW YORK

Manhattan

1153 1st Avenue, Manhattan, NY 10065 2 3 Q R W
122 Fulton Street, Ste 500 New York, NY 10038 A C J Z 2 3
4159 Broadway, New York, NY 10033 A C T 4 5 6

NEW ST NICHOLAS OFFICE

1264 St. Nicholas, Washington Heights, NY 10026 168 St A C 1

Brooklyn

NEW FLATBUSH OFFICE

924 Flatbush Ave, Brooklyn, NY 11226 Church Ave Q B 2 5
2511 Ocean Ave, Brooklyn, NY 11229 Q R B
2444 86th St, Ste A, Bensonhurst, NY 11214 D

NEW BRIGHTON BEACH OFFICE

2965 Ocean Pkwy, Ste 200 Brighton Beach Ocean Pkwy Q B

Bronx

5221 Broadway Ave, Bronx, NY 10463 1

NEW 149TH STREET OFFICE

384 E. 149th Street, Suite 201, Bronx, NY 10455 3 Av-149 St 2 5

Upstate NY

NEW 156 Route 59, Ste B1, Suffern, NY 10901

Queens

116-02 Queens Blvd Forest Hills, NY 113675 E F M R
30-33 Steinway St, Astoria, NY 11103 N Q M R
40-04 Forley St, Jackson Heights, NY 11373 F E M R 7
59-20 Myrtle Ave, Queens, NY 11385 J M Z L

Staten Island

1975 Hylan Blvd, Staten Island, NY 10306

Long Island

260 Sunrise Highway, Valley Stream, NY 11581

NEW JERSEY

766 Shrewsbury Ave, Ste 300, Tinton Falls, NJ 07724
81 Route 37 West, Toms River, NJ 08755

HR AND SEXUAL HARASSMENT IN THE WORKPLACE

Matt Lauer. Harvey Weinstein. Kevin Spacey. These are just a few men making headlines for having sexual-assault and sexual-harassment allegations brought against them in recent weeks, but we shouldn't be shocked to hear of such cases, especially those related to the workplace, as Lauer's reportedly was.

“It has created a moment in time where women can speak their truth. Women have been experiencing these things at work forever, and they finally feel there is enough critical mass for them to stand together,” Jaime Klein, founder of New York-based Inspire Human Resources, told Metro Wednesday.

Metro reached out to Klein, whose 10-year-old company's wheelhouse includes HR consulting, training and programs to create a diverse and inclusive culture, to find out how these headlines are changing office cultures and HR practices.

“I really think HR can move

the needle on making a safer space for women,” she said. “It doesn't matter the venue or the ZIP code — women need to feel they can report what happened and have a safe space without retaliation.”

Have clients reached out in the wake of all these allegations?

My inbox is blowing up. I've had senior leaders who are male say, “I want to make sure that I do a deeper look at my leadership team and ensure that nothing has happened that I am not aware of.” The second round has been companies who have been identified and currently in the press about allegations, and we are starting to work with them on how to create a safer place for women at work and a better culture for everyone.

Were you surprised by that outreach?

I was not surprised. I was delighted that an underlying issue that has been in organizations

Here's how people reacted to the news about 'Today' host Matt Lauer

On Wednesday morning, NBC announced that Matt Lauer, host of the "Today" show, had been fired after the network received a complaint about inappropriate sexual behavior in the workplace.

Lauer's fall from his broadcast throne comes in the wake of multiple reports of and firings for sexual harassment and assault, including CBS anchor Charlie Rose, political journalist Mark Halperin, comedian Louis CK and film mogul Harvey Weinstein.

Lauer had been a figure at NBC for 20 years. While some people reacted to the news of his behavior with surprise, plenty of others alluded that this isn't out of left field. Here are some reactions from celebrities, fellow journalists and others.

Comedian Kathy Griffin said on Twitter that, "Matt Lauer has been on my list for a while. It's really too bad more Americans don't come to my shows. I pretty much recite the list in every show. Haha. I told you,

my memory is long, my friends. I've been around a long time..."

Megyn Kelly, who joined NBC's "Today" earlier this year, addressed the news during her hour of the morning show.

Kelly said that she's known Lauer for a long time as a friend and a supportive arm as she's joined "Today." But Kelly is also someone who has talked about sexual harassment in the past and complained to her former employer Fox News about Bill O'Reilly's inappropriate behavior, and in speaking about Lauer, she quickly focused on his alleged victims.

"I see the anguish on my colleagues' faces. But when this happens, what we don't see is the pain on the faces of those who found the courage to come forward, and it is a terrifying thing to do," she said. "We don't see the career opportunities women lose because of sexual harassment or the intense stress it causes a women dealing with it when she comes to work each day."

President Donald

Trump weighed in on the news as well, tweeting, "Wow, Matt Lauer was just fired from NBC for 'inappropriate sexual behavior in the workplace.' But when will the top executives at NBC & Comcast be fired for putting out so much Fake

News. Check out Andy Lack's past!"

That tweet spurred its own responses, with people pointing to allegations in Trump's own past and his support of embattled Senate candidate Roy Moore.

KRISTIN TOUSSAINT



Matt Lauer was fired amid allegations of sexual harassment. GETTY IMAGES

Redefining Wellness.

VILLAGECARE

A leader in New York City
health and wellness for over 35 years.

(877) 822-7369

www.villagecare.org



Jaime Klein, founder of New York-based Inspire Human Resources, weighs in on recent sexual harassment allegations in the media. **INSPIRE HR**

for decades is being addressed. I felt like it was overdue.

Men are also victims of harassment. Have you had outreach for those instances?

I have not had any requests from males, but I think that will come next.

Many people kind of look at HR as the enemy because they fear retaliation. What can workers do if they feel that way?

If they don't think they can go to HR, find someone who feels familiar that you can speak to or a mentor or leader that you can confide in.

What should HR departments do to ensure a haven for victims?

I really feel like HR is the first responder when someone comes forward, so the words and body language that HR uses shows how safe it is and should push the leadership team to do a full investigation. More and more people are going to be speaking out. It's so important for organizations to do a quick check in this moment to surface things before the press does. My rule of thumb is zero-tolerance; if it resurfaces, you part ways.

NIKKI M. MASCAU



Are you or a loved one suffering from Alzheimer's disease?



Visit The Memory Disorders Center at
Columbia University Medical Center –
New York State Psychiatric Institute

**RECEIVE A FREE MEMORY EVALUATION &
ACCESS TO CURRENT RESEARCH STUDIES**

Evaluations may include:

- ◆ Neuropsychological testing for memory and cognition
- ◆ Formal assessment of behavioral changes
- ◆ Physical assessments such as blood screens and EKGs
- ◆ A second opinion on a diagnosis of Alzheimer's disease
- ◆ Counseling and education in available services & studies

Eligible participants are ages 50-95 with memory impairments and/or a diagnosis of Alzheimer's disease.

For more information please call 646 774-8671



COLUMBIA UNIVERSITY
MEDICAL CENTER
Discover. Educate. Care. Lead.

The truth behind what people are calling the Great Christmas Tree Shortage

The National Christmas Tree Association reports this could raise prices by 10 to 15 percent in some locations.



SAM BRODSKY
@MetroNewYork
letters@metro.us

They're calling it "The Great Christmas Tree Shortage of 2017." It sounds scary, but truth be told, it may or may not affect you this year.

According to the National Christmas Tree Association (NCTA), 25 million to 30 million of these holiday staples are sold in the U.S. annually. However, the national Christmas Tree Shortage may lead to a rise in prices between 10 to 15 percent. It is reportedly linked to the Great Recession our country faced nearly a decade ago, which caused farmers to



Christmas trees may cost more this holiday season because of reasons related to the Great Recession. GETTY IMAGES

limit their crops to save money.

NCTA spokesperson Doug Hundley told News12 that "in those years, we were in a recession and tree sales were down, prices were down, and we weren't planting as many trees." Given that they take about 10 years to grow to their Christmas-ready state of 7 to 8 feet, we're only now getting hit with the aftermath of smaller supply.

Hundley clarified to Metro that though the impact in any given area is hard to predict, states that have fewer Christmas tree farms are more vulnerable to a shortage.

Hundley assured Metro that the price difference is small. "It's like a \$40 tree going up to a \$45 tree," he said. In any case, he encourages the public to purchase their trees earlier in the season for the best selection.

LOOSE DENTURES?

Smile with Confidence



Miracle on 35th Street

**Emergencies And Most Insurance
Plans Welcome
Senior Cit. Discounts**

\$100
off each
NEW
denture!
Exp: 11/30/17

**New York's Place for Same Day
Dentures for more than 40 Years!**

Leaders in Implant Dentistry! - Est. 1977

DENTURE REPAIRS AND RELINES WHILE-U-WAIT!

FREE CONSULTATION

CALL NOW

212.689.0024



224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com



SENIOR WHOLE HEALTH

Open House/Job Fair

Date: Thursday, November 30, 2017

Place: Two Locations for Your Convenience

Location #1: 55 Broadway, 5th Floor, New York, NY

Location #2: 335 Adams, 26th Floor, Brooklyn, NY

Time: 11pm to 3pm & 4pm to 6pm

Do you enjoy helping people?

Then this is your call to action!

Come join our team and together we will succeed!

Why join Senior Whole Health?

✓ Competitive Pay	✓ Good Medical Insurance Coverage
✓ Stock Options Offered	✓ Opportunities for Job Advancement
✓ Great Education Assistance Benefits	✓ Employee Referral Program
✓ And many more!	

Open positions:

- UAS Assessment Nurses (RN, Spanish, Mandarin and Cantonese)
- UAS Assessment Managers and Leads (RN)
- Telephonic & Field Care Managers (RN, LMSW, LCSW) (Spanish, Mandarin and Cantonese)
- Utilization Management Nurses (LPN or RN)
- Non-clinical Telephonic & Field Coordinators (Spanish, Mandarin and Cantonese)
- Member Services Representatives (Spanish, Mandarin and Cantonese)

Walk-ins are welcome!

We have many open positions in preparation for January 2018

Please contact Vivian Chen to schedule your interview appointment
Phone: 929-258-7609 or Email: vchen@magellanhealth.com

Britain criticizes Trump for retweeting anti-Muslim videos from far-right party

Britain criticized President Donald Trump on Wednesday after he retweeted anti-Islam videos originally posted by a leader of a far-right British fringe party who was convicted earlier this month of abusing a Muslim woman.

The White House defended Trump's retweeting of the videos, as criticism poured in from U.S.-based Muslim advocacy groups and the Anti-Defamation League.

Jayda Fransen, deputy leader of the anti-immigration Britain First group, posted the videos which she said showed people who were Muslims beating a teenage boy to death, battering a boy on crutches and destroying a Christian statue.

Trump's decision to retweet the videos prompted criticism from both sides of the Atlantic, with some British lawmakers demanding an apology and U.S. Muslim groups saying it was



President Trump stirred controversy with his retweets. GETTY IMAGES

incendiary and reckless.

"It is wrong for the president to have done this," the spokesman for British Prime Minister Theresa May said. "Britain First seeks to divide communities through their use of hateful narratives which peddle lies and stoke tensions. They cause anxiety to law-abiding people."

Reuters was unable to immediately verify the videos and Fransen herself said they had come from various online sources which had been posted on her social

media pages.

"What we saw today is one of many videos that is circulating on anti-Muslim hate websites," said Ilhan Cagri with the U.S.-based Muslim Public Affairs Council. "It is years-old and simply aims to breed fear for Muslims and Islam."

U.S. civil rights and Islamic organizations said the posts amounted to an incitement to violence against U.S. Muslims.

"These are actions one would expect to see on virulent anti-Muslim hate sites, not on the Twitter feed of the president of the United States," Nihad Awad, national executive director of the Council on American-Islamic Relations, said in a statement.

David Duke, a former Ku Klux Klan leader, praised Trump.

"He's condemned for showing us what the fake news media won't," Duke wrote on Twitter. "Thank God for Trump! That's why we love him!" REUTERS

Giving back has never been easier.



Use our Mobile Cash & People Pay services this holiday season, and we'll donate to hurricane relief efforts.



Only 1 eligible transaction = Up to \$1 donation



Only 2 eligible transactions = Up to \$15 donation



3 or more eligible transactions = Up to \$25 donation

The more you use, the more we give back!

LEARN MORE! PopularCommunityBank.com/giving-back

See applicable terms and conditions below.

If you are not yet a Popular Community customer, we'd love to have you! Just visit our website or a local branch to learn more about opening an account.



Embracing Puerto Rico
EmbracingPuertoRico.com



POPULAR COMMUNITY BANK
PopularCommunityBank.com

This charity campaign ("Campaign") begins on 11/13/17 and ends on 12/31/17. Popular Community Bank, in its sole discretion, reserves the right to change or terminate this Campaign at any time and without notice. To qualify for this Campaign, a customer must make at least one (1) successful Mobile Cash withdrawal or People Pay payment in the amount of \$20.00 or more (an "Eligible Transaction"). Popular Community Bank will donate up to \$25.00 per customer to the Foundation (as defined below) as follows: (i) \$1.00 per customer who has completed only one (1) Eligible Transaction; (ii) \$15.00 per customer who has completed only two (2) Eligible Transactions; and (iii) \$25.00 per customer who has completed three (3) or more Eligible Transactions, in each case, until Popular Community Bank has reached its maximum donation of \$25,000.00. All amounts donated by Popular Community Bank under this Campaign will be donated to the Popular Community Bank Foundation, Inc. (the "Foundation") and applied by the Foundation towards hurricane relief efforts. Donations made by Popular Community Bank to the Foundation in connection with this Campaign are not made on behalf of customers; all donations will be made by Popular Community Bank to the Foundation in its own name. The Foundation is a charitable corporation under Section 201 of the New York Not-for-Profit Corporation Law and an exempt organization under Section 501(c)(3) of the Internal Revenue Code. To donate directly to the Foundation, please visit www.embracingpuertorico.com. Popular People Pay and Mobile Cash are subject to eligibility and certain restrictions apply. For more details, please refer to the Popular Community Bank Mobile Banking User Agreement. Standard mobile carrier charges and fees may apply. Banco Popular North America is a Member of the FDIC and operates under the assumed name "Popular Community Bank" in the markets in which it operates. Accordingly, Popular Community Bank and Banco Popular North America are the same FDIC-insured institution. Copyright © 2017 Banco Popular North America. Member FDIC.



HEALTHY VOLUNTEERS NEEDED

Persons depicted are models being used for illustration purposes only

ELIGIBLE VOLUNTEERS MAY EARN FROM \$500 TO \$8,000 FOR TIME AND TRAVEL

Join our database and contribute to Medical Research with Biotrial!

Healthy volunteers provide researchers with important information for comparison with people who have specific illnesses. People with no known significant health problems are often given the same tests, procedures, or study drugs as patient volunteers so that researchers can compare results and make new discoveries.

Are you at least 18 years old?

NEED MORE INFO?

Call recruitment at
844-246-8459

NO TIME TO TALK?

Email: recruitment@biotrial.com
or register online at biotrial.us

- Biotrial is located at 130 Norfolk Street Newark, NJ with easy access to NJ Transit Norfolk Street light rail station.
- Our Clinical Unit is only 6 minutes from Newark Penn Station and approximately 30 minutes from NY Penn station.





More Americans are researching the shape of the Earth. GETTY IMAGES

Is the Earth flat? More and more Americans think so

Google searches for “flat Earth” are on the rise.

MICHAEL MARTIN
@MetroNewYork
letters@metro.us

Sometime in the next few weeks, a California

man named “Mad” Mike Hughes will launch himself 1,800 feet into the air for a mile-long ride in a homemade, steam-powered metal rocket. His goal: To prove the Earth is flat.

Wait, is the Earth flat? If you thought that

matter was settled some time ago by NASA, you’re not alone. If you’re convinced that the images of our spherical planet beamed down from space are an elaborate conspiracy, you’re also not alone. Google searches for “flat earth” have more than tripled in the past two years, the Economist reported.

The flat-Earth movement is having a moment. On Nov. 9, 500 “flat Earthers” gathered in North Carolina for the Comic Con of conspiracy theories, the first annual Flat Earth International Convention. In September, Bobby Ray Simmons Jr., a.k.a. the rapper B.o.B, launched a crowdfunding campaign to send satellites into orbit to ascertain the Earth’s shape.

“I don’t believe in science,” Hughes told the AP earlier this month. “I know about aerodynamics and fluid dynamics and how things move through the air, about the certain size of rocket nozzles, and thrust. But that’s not science, that’s just a formula. There’s no difference between science and science fiction.”

You could blame the cultural atmosphere of alternative facts that put a conspiracy theorist in the White House. “Conspiracy theories are appealing because they offer simple explanations for complex phenom-

ena, or because they let people believe they are in possession of secret knowledge that the powerful wish to suppress,” the Economist notes. “They tend to be most popular among less-educated people who do not trust public institutions. They are extremely common in dictatorships, where people assume, often correctly, that the authorities are lying.”

British academic Ian Whitaker offers a simple test to put the matter to bed, which could save “Mad” Mike Hughes a spot of trouble. Compare shadows of sticks in the ground at different locations. In one spot where the sun is directly overhead, there will be no shadow. In a spot 500 miles north, for example, the stick will have a shadow. If the earth were flat, both sticks would have no shadow because they would be at the same angle toward the sun. That was good enough for the ancient Greeks, who used it to calculate the circumference of the earth with 90% accuracy in 250 B.C.

“Ultimately, arguing on the internet is not the best way forward for any scientific endeavor,” says Whitaker. “We need to provide the means for people to test these theories themselves and to understand the results they get.”

GOVERNMENT SHUTDOWN

White House does not expect government shutdown

The White House said on Wednesday that it does not expect the government to shut down next month, but has contingency plans in place if the U.S. Congress fails to reach a deal on funding the government by a Dec. 8 deadline.

“We are not anticipating a shutdown. We think that we’ll be able to work together. But the developments of the last 24 hours are discouraging,” White House spokesman Raj Shah told reporters traveling with Trump.

Republicans control both chambers of the U.S. Congress, but their leaders will likely need to rely on at least some Democratic votes to pass the funding measure.

“There are always contingencies in place. We hope it doesn’t get to that,” Shah said.

Democratic leaders in Congress skipped a meeting with President Donald Trump on Tuesday that was expected to have been focused on the budget, raising the risk of a government shutdown next month with both sides far apart on the terms of an agreement.

Senate Democratic Leader Chuck Schumer and Nancy Pelosi, the top Democrat in the House of Representatives, pulled out of the White House meeting because of a tweet that Trump sent earlier in the day attacking them as weak on illegal immigration and bent on raising taxes.

Democrats have said they will demand help for young people brought to the United States illegally as children as part of their price for providing votes on the budget measure. REUTERS



HEALTHY VEINS Mean Life Is Back

SAY GOODBYE TO

- ▶ Varicose Veins
- ▶ Spider Veins
- ▶ Itching and Burning
- ▶ Leg Pain & Cramps
- ▶ Heaviness and Swelling
- ▶ Skin Discoloration
- ▶ Leg Ulcers
- ▶ Blood Clots
- ▶ Difficulty Standing

I have spent too long trying to limit time on my feet. I forgot how wonderful it is just to take a walk.

- ▶ Non-Surgical Outpatient Procedure
- ▶ Usually Takes Only 15 Minutes
- ▶ You Will Walk Better Immediately

Call Today! (917) 717-5135

Covered By Medicare, Most Insurance Plans, and Medicaid

Manhattan:
1153 1st Ave. 2 3 4 5 6
Manhattan, NY 10065
122 Fulton St., Ste 500 1 2 3 4
New York, NY 10038
4159 Broadway 1 2 3 4 5 6
New York, NY 10033
1264 St. Nicholas 168 St 1 2 3 4
Washington Heights, NY 10033
Brooklyn:
924 Flatbush Ave. 1 2 3 4 5
Brooklyn, NY 11226
2511 Ocean Ave., Ste 102 1 2 3 4 5
Brooklyn, NY 11229

2444 86th St., Ste A 1 2
Bensonhurst, NY 11214
2965 Ocean Pkwy, Ste 200 1 2 3 4
Brooklyn, NY 11235
Bronx:
5221 Broadway Ave. 1
Bronx, NY 10463
384 E 149 St., Ste 201 1 2 3 4 5
Bronx, NY 10455
Suburban NY / Rockland County:
156 Route 59, Ste B1
Suffern, NY 10901

Staten Island:
1975 Hylan Blvd
Staten Island, NY 10306
Queens:
116-02 Queens Blvd 1 2 3 4 5 6 7
Forest Hills, NY 11375
30-33 Steinway St 1 2 3 4 5 6 7
Astoria, NY 11103
40-04 Forley St 1 2 3 4 5 6 7
Jackson Heights, NY 11373
59-20 Myrtle Ave. 1 2 3 4 5 6 7
Queens, NY 11385

Long Island:
260 Sunrise Hwy,
Valley Stream, NY 11581
New Jersey:
766 Shrewsbury Ave.,
Ste 300
Tinton Falls, NJ 07724
81 Route 37 West
Toms River, NJ 08755

www.USAveinClinics.com
© September 2017 USA Vein Clinics*. All rights reserved.

**Now
Accepting
Health First**

Is there really a 'new outbreak' of HPV that 'kills faster than AIDS'?

Don't believe everything you read on the internet.



MEAGAN MORRIS
@MetroNewYork
letters@metro.us

A terrifying story is making the rounds on various websites claiming there's a new strain of human papilloma virus (HPV) that has the potential to "kill faster than AIDS."

The article — published on websites like Discover Newz and The Native Love claims that "students from Kisii University, Kenya and the general public at large have been warned against kissing carelessly due to an outbreak of Human papilloma virus, which has seen several people admitted at Kisii level 5 hospital after testing positive to the disease."

The report adds that the HPV is "gradually circulating" throughout Kenya and countries throughout Southern Africa and will eventually cause a worldwide epidemic.

Sounds terrifying, but luckily it's not true.

The websites reporting on this "outbreak" are known for spreading fake news and sensationalized gossip and various

accounts of it date back to 2016, according to Snopes. The World Health Organization and the U.S. Centers for Disease Control would be the agencies reporting such potentially devastating news — and they haven't said a word.

According to Brodie, these reports gained traction because of how HIV and AIDS has affected the people of Africa.

"It's confusing HPV with HIV, and HIV is still a big 'scare factor,'" Brodie said.

That's not to say HPV isn't dangerous. There are 100 different types of the sexually transmitted disease, according to Planned Parenthood. Some don't show any symptoms, while others cause genital warts. The most serious types — especially types 16 and 18 — can cause cervical cancer.

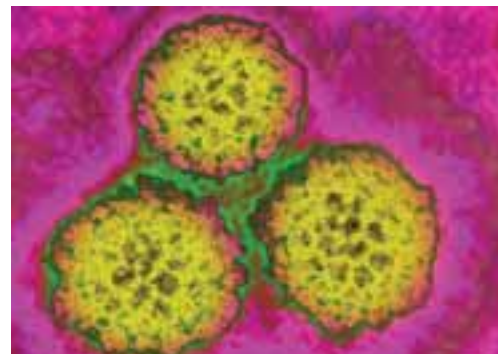
Cervical cancer is less deadly than it used to be in the United States, according to the American Cancer Society, but rates continue to increase in many developing countries.

Intrauterine devices (IUDs) show promise in helping reduce cervical cancer deaths, but fabrications like these "news" reports don't help because people are scared and uninformed about

health in Africa.

"This plays into a well-established trope of poorly-informed myths around

healthcare in Africa," Nechama Brodie of the fact-checking agency Africa Check told Snopes.



There are 100 different types of the sexually transmitted disease, according to Planned Parenthood. GETTY IMAGES

ARE YOU CURRENTLY TAKING A MEDICATION BUT STILL FEELING

DEPRESSED?

If you're 18-65 years old, have been diagnosed with Major Depressive Disorder, and are experiencing the symptoms below, you may be eligible to participate in a clinical research study of an investigational product. All study related drug and visits will be provided to you at no cost.

**HOPELESSNESS • SADNESS •
LOSS OF INTEREST
DECREASED ENERGY
DIFFICULTY CONCENTRATING**



FIEVECLINICALRESEARCH

CALL TODAY! (212)772-3570

Ask About Our Refer-A-Friend Program

TAXES

Nearly half of Americans oppose Republican tax bill: New poll
Opposition has grown among Americans to a Republican tax plan before the U.S. Congress, with 49 percent of people who were aware of the measure saying they opposed it, up from 41 percent in October, according to a Reuters/Ipsos poll released on Wednesday.

Congressional Republicans are trying to rush their tax legislation to a vote on the Senate floor before the end of the week. President Donald Trump strongly backs the bill and wants to sign it into law before the end of the year.

In addition to the 49 percent who said they opposed the Republican tax bill, 29 percent said

they supported it and 22 percent said they "don't know," according to the Reuters/Ipsos opinion poll of 1,257 adults.

When asked "who stands to benefit most" from the plan, more than half of all American adults surveyed selected either the wealthy or large U.S. corporations. Fourteen percent chose "all Americans," 6 percent picked the middle class and 2 percent chose lower-income Americans.

As congressional discussion on the bill has unfolded, public opposition to it has risen, on average, following Trump's unveiling of a nine-page "framework" on Sept. 27 that started the debate.

The online poll has a credibility interval, a measure of accuracy, of 3 percentage points. REUTERS

Baby Boomers Benefitting From Knee Arthritis Treatment

How Cutting-Edge Treatment And The NYC Pain MD "X" Factors Are Helping K

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . **Because They Are**

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The **NYC Pain MD** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patients ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at **NYC Pain MD** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just - now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't take any pills, I take not over the counter medication.."

"This is a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend it to everybody." William La Spina . Golf Enthusiast

(While **NYC Pain MD** cannot say all patients will respond like this we can say they are possible. Every patient is individual and results will vary. patient to patient.)

Why Treatment Can Fail

This is why viscosupplementation can fail for some people. It is also why many knee arthritis sufferers come to **NYC Pain MD** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for the advanced treatments given at **NYC Pain MD**.

Patients Should Be Assured About Precision Treatments

ONE BIG MISTAKE we have heard about is to use digital imaging or ultra-sound to mark the knee and then shut off the imaging and then not use it during the treatment procedure.!!! **This means the doctor did not actually see if the lubricating gel went exactly where it was intended.** The only way to know for sure if the procedure was as accurate as possible - and the lubricating gel went precisely into the joint space - is to use the digital imaging **during the entire procedure.** You can actually see the lubricating gel as it goes where it is needed. **If you did not actually see it on the imaging screen - you do not know for sure if you actually got the proper treatment applied to the damaged area.**

If you have already had this procedure without this advanced imaging... Or if it was no used throughout the procedure, there is a good chance you did not get the maximum results you could and should have received.

"Clearly, technology is only as good as doctors using it ... and clearly experience matters"

That's why, if you need heart surgery, you go to a heart surgeon... Not a general practitioner. At **NYC Pain MD** you will be seen by doctors who are specially trained in this procedure... Do it every day... and see thousands of patients every year. The latest technology combined with experienced and skilled doctors gets the best results possible. You will not be treated by a nurse or physician's assistant ...but always by a highly trained doctor

Who Is This Treatment For?

This treatment is not for everyone. But it is for a lot of people who suffer with knee arthritis. Especially if you would like to avoid total knee replacement surgery and possible lessen or eliminate your pain. This treatment

Treatments Their Parents Could Only Dream About

Knee Arthritis Sufferers Throughout The Tri-State Area Get Back On Their Feet

may help you if you have knee pain due to arthritis. It may also help you if you do not have dramatic signs of arthritis on x-ray. Studies show that arthritis is present long before it can be seen on x-ray. In fact, the sooner you start this treatment the better. So, if you have knee pain - seeing one of the specially trained medical doctors at **NYC Pain MD** could be the answer you are looking for. **This is important - this is especially for you if you have had viscosupplementation in the past without good results.**

Many patients who did not have good results elsewhere are often able to get a very favorable results because of the advance technology and procedure experience at **NYC Pain MD**

In fact some patients have decided to cancel knee surgery and others go back to a active life-style they had before it was stolen by all the pain.

How to Find Out If They Experts At NYC Pain MD Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you - the experts at **NYC Pain MD** offer a complimentary screening appointment.

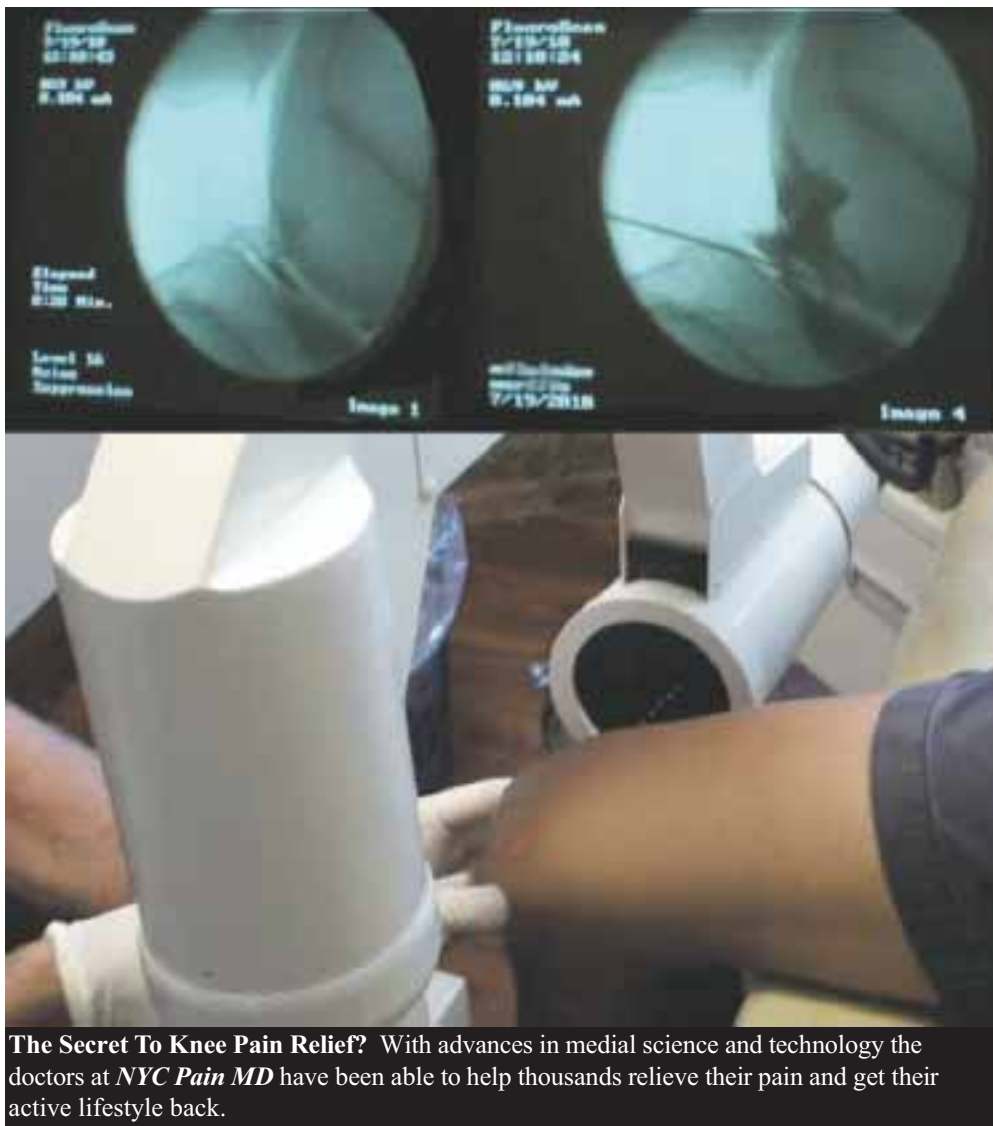
This screening will help determine if you are a candidate for treatment and also gives you a chance to get your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more for many patients.

There is no obligation and if you are not a candidate - the doctor will help you find the best doctors and treatments for your individual case and refer you to the proper sources. To set up a complimentary screening, just call 800-298-8610

The NYC Pain MD 'X' Factor ? ... Reduced Cost, Time And Stress

NYC Pain MD is a high-tech medical facility equipped with all the necessary equipment to treat appropriate candidates right in it's own in-office procedure suites. What does this mean for you? It means no stressful hospital, no intimidating surgical center or out patient facility visits. Your experience is far more relaxing with personalized attention. This also means you don't have to be "Rich and Famous" because by avoiding all those "fancy" facilities you don't have to bear their severe costs which can be several times the cost of the treatments themselves.



The Secret To Knee Pain Relief? With advances in medial science and technology the doctors at **NYC Pain MD** have been able to help thousands relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. **NYC Pain MD** receives hundreds of patients calls weekly... patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination

and treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you. Zero risk or obligation. Just call 800-298-8610 Tell them, "I would like the knee screening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-298-8610

The secret to success: Technology with Caring Doctors: NYC Pain MD combines cutting edge technology with highly trained professional and caring staff to help knee arthritis sufferers.

To set up a complimentary screening, just call 800-298-8610. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in the giving every patient the individual time they deserve.

Midtown:
57 West 57th Street
New York NY

Downtown:
65 Broadway
New York NY

NYC PAIN MD
"Non Surgical Medical Relief For
Spine & Joint Pain"
www.PAINMDNY.com



metro

Holiday Gift Guide

- Gifts for every budget. 18-19
- Gifts for NYC pet lovers. 20
- Gifts for the food makers. 23

unlimited[✓]

**This first-class
city doesn't do
second-rate gifts.**

starting at
\$40

per line/4 lines

Per month. Plus taxes & fees.
When you enroll in Auto Pay.

verizon[✓]

In times of congestion, your data may be temporarily slower than other traffic. Our Surcharges (incl. Fed. Univ. Svc. of 18.8% of interstate & int'l telecom charges (varies quarterly), 21 cents Regulatory & \$1.23 Administrative/line/mo. & others by area) are not taxes (details: 1-888-684-1888); gov't taxes & our surcharges could add 7%–46% to your bill. Activation/upgrade fee/line: \$30. IMPORTANT CONSUMER INFORMATION: Subject to VZW Agmts., Calling Plan, and credit approval. Offers and coverage, varying by svc., not available everywhere; see vzw.com.

© 2017 Verizon Wireless.

Metro's gift guide for every budget

We know everyone on your list's been naughty, so decide how nice you'll be based on your bank account. 'Tis the season to give. And give. And give. Each year the list gets longer, as do the special requests and circumstances. So we've scoured the cybershelves to find personalized treats that'll bring a smile to anyone's face. No need for gift receipts this year!

JOSHUA CROUTHAMEL

**\$50-
\$100**

YOUR HOMETOWN-PROUD BUDDY

Making it back to Mom and Dad's is tricky, and expensive, but they say "there's no place like home for the holidays." So how about a gift that brings home to wherever you are today?



ALL PHOTOS PROVIDED

Homesick candles

Every state has a signature smell, whether it's the official flower or a breeze off the sea/fields/mountains. What's yours?

\$29.95 on HomesickCandles.com

**Under
\$50**

Hometown puzzles

If your gift-ee can't stop talking about how great their neighborhood is (or they're a total geography monster with deep local roots), get a customized puzzle made of their town, borough or city.

From \$39.49 on AnyDate.com



YOUR FRIENDS WITH KIDS

If you don't have children of your own it's often hard to tell what works for little ones. These options will please all sorts of ankle biters.

Personalized aprons and chef's hats

Though you may still count licking the bowl as "helping in the kitchen," kids these days are almost universally Master Chefs. Feed their kitchen creativity. From around \$15 on Etsy.com



Seafood snuggie

Perfect for couch cuddles and bedtime books, this blanket will make your nieces or nephews literal shark bait.

\$34.95 on BlankieTails.com

YOUR TECH-OBSESSED FRIEND

It can be hard to shop for the person who's obsessed with the latest gadget ... mostly because they tend to have what you've not even heard of yet. Here are a couple of items that may have flown under their radar.

Super Nintendo Classic

If they were gaming in the '90s but come home to a flat-screen today, you'll blow their minds with this bit of old-school tech.

\$79.99 on Nintendo.com



JBL Flip 4

Portable Bluetooth speakers with amazing sound aren't all that new, but ones that are completely waterproof make daily showers as enjoyable as beach breaks.

\$99.95 on JBL.com


HORNBLOWER
CRUISES & EVENTS

**HUDSON RIVER PARK'S
PIER 40, NEW YORK**

SEE NEW YORK. 'TIS THE SEASON.

Leave your frustrating commute behind and get festive aboard a Hornblower Cruise.

Festive Holiday Lunch & Dinner Cruises

Perfect for your year-end workplace get-together. Cruises available every Friday in December.

Santa's Christmas Eve Dinner Cruise

Treat the family, celebrate with Santa and see the sights.

Brunch, Dinner, Holiday, Private Events

Pier 40 in the West Village
353 West Street
New York, NY 10014
www.hornblower.com

Planning a Holiday Party?

Let Hornblower help make it the best party ever!

www.hornblower.com/private-events

YOUR BOSS

The person who pays your salary may not be expecting a present, but if you plan on asking for a raise or more time off in 2018, one might be a good idea to grease those wheels in advance.



Tree of Light
This superstylish lamp works on a desk or a nightstand, wirelessly charges Qi-enabled phones and has a Bluetooth speaker built in. \$94.99 on [TouchOfModern.com](#)

The Matcha Brewing Kit

If your boss takes caffeine seriously, she or he might be surfing the matcha wave in order to clock the long hours. This stylish kit's the perfect companion when the office is empty and there's still work to be done. \$69 on [FreePeople.com](#)



YOUR JET-SETTER

For every weekend in the country you count as a vacation, this frequent flier has a weekend in an altogether foreign country. What works for a world traveler? These awesome items, that's what.



Away carry-on

This is the coolest piece of luggage on the market, as it holds everything you need, as well as charges for all of your devices. Power up during wheels-up! From \$225 on [AwayTravel.com](#)



Victorinox accessory

There are your run-of-the-mill pocket tools, and then there's the brand of Swiss Army knives actually used by astronauts on the International Space Station. You want the latter. From around \$100 to \$400 for something schmanzy on [SwissArmy.com](#)

YOUR FAVORITE FAMILY

Let's be honest — there's no such thing as peace and quiet when you're responsible for keeping another human alive. Treat a hard-working parent to a rare bit of bliss with one of these gifts.



Big Spender

Aibnb

If your friends have kids, your friends probably don't get out much. Treat them to a night's staycation in a pimped-out pad not far from home for a change of scenery. Nice, private urban escapes from around \$200 on [Airbnb.com](#)



Handy cleaners

Give a bud a break from dusting and laundry, mopping and dishes, and instead outsource to a pro. Handy has a network of qualified house cleaners that cater to most budgets. From around \$60 an hour on [Handy.com](#)

[HornblowerNY.com/Metro](#) | 646-490-0606 | FOLLOW US [f](#) [t](#) [i](#) [@HornblowerNY](#)

NEW YORK SAN FRANCISCO BERKELEY SAN DIEGO NEWPORT BEACH MARINA DEL REY LONG BEACH

For our website for the most up-to-date seasonal cruise schedules. Senior, child and military discounts available. Prices subject to change.

Miss Jessie's YOUR ULTIMATE CURL PREP

★★★★★
"THE BEST DARN
LEAVE-IN CONDITIONER PERIOD."
★★★★★

Our lightweight leave-in conditioner & detangler acts as the ultimate frizz fighter and moisturizer for wavy, curly, tight curly or transitioner's hair, while leaving curls super soft & shiny without any oily buildup.

MISSJESSIES.COM



TARGET Walgreens CVS DUANE'S WALK-ON PHARMACY Walmart

5 Gifts for NYC pet lovers

For many pet owners utterly smitten with their furry dependents, a gift for their dog or cat may as well be a gift for them. Here are five ideas, all available via NYC-based pet retailers, that will bring joy to your favorite city-dwelling animals and their humans. **KATE MOONEY**



CBD treats for cats and dogs at the Alchemist's Kitchen

You might have heard of CBD, the non-psychoactive component of cannabis, which doesn't get you high but can provide pain relief and lessen anxiety. Well, it works for cats and dogs, too. At the Alchemist's Kitchen in the East Village, you'll find products from Pet Releaf, like CBD oil infused treats called Edibites (or Edibits for cats), or CBD hemp oil that you can drop right on your pet's tongue. thealchemistskitchen.com



A month of Barkbox

The monthly subscription gift box from the NYC canine-centric startup Bark & Co. delivers dog treats, chews and toys to puppers nationwide. Each month has a surprise theme, and we would bet December's is filled with merry toys from Santa. Gift options start at one-month (\$35) and go up to a year delivery (\$249). barkbox.com

MANHATTAN Best Dental Care

A beautiful and healthy smile has never been more affordable

50%OFF

We Are Giving You 10 Reasons To Smile:

Oral Exam, Consultation.....	Free	
Oral Cancer Screening.....	Free	
X-Ray With Teeth Cleaning.....	\$175	\$300
Implant With Porcelain Crown.....	\$1499	\$3000
Invisalign Clear Braces.....	\$4999	\$7000
Zirconia Porcelain Crown.....	\$700	\$1400
Zoom Teeth Whitening.....	\$399	\$599
Overdentures With Implants.....	\$4490	\$7500
Porcelain Veneer.....	\$700	\$1400
Root Canal.....	\$700	\$1400

Interest
Free Payment
Plans
From \$0
Down

Thanks
To The High
Volume Of
Satisfied Patients
We Could Reduce
Our Prices Again!

80-45 Kew Gardens Rd. Call for
Kew Gardens, NY 11415 Free Consultation
(718) 261-2005

1623 3rd Ave., Suite # 204
New York, NY 10128
(212) 722-4088

www.manhattanbestdentalcare.com



Dog agility classes at Brooklyn Dog Training Center

Cooped up city dogs and their owners have a lot of pent up energy to get out. Get your pup pals some exercise and a chance to learn new tricks at one of Brooklyn Dog Training Academy's dog agility classes in Park Slope. The owner participates, too, to guide their dog through hoops and around obstacles. Perhaps they'll be in the running for Westminster in no time — or at the least, they'll have a new hobby. Prices vary, doggieacademy.com.

Kitty treats at Koneko NYC

This Lower East Side Japanese cat cafe (*koneko* translates to "kitten") has a shop too. Purchase a gift card online so that your cat-loving friend, after enjoying sake and gyoza while petting one of the adoptable cats wandering the cafe, can pick out a feline-themed accessory, from metal alloy kitty earrings (\$14) to a Katmandu Cat Cave made out of wool felt (\$79) — that is, konekonyc.com



Winter wears and holiday accessories at Canine Styles

Cold weather's coming — does your dog-friend need a new coat? Suit him up with a practical fleece (from \$65) or pamper him with a cashmere sweater (from \$165) from the chi-chi dog boutique Canine Styles (locations in Midtown, Upper East Side and Upper West Side). If you're not looking to shell out at those prices, opt for an affordable holiday-themed accessory, like a plush dreidel (\$18) or a dog antler headband (\$20) for a Christmas photo shoot. caninestyles.com



NYBG

HOLIDAY TRAIN SHOW[®]

Through January 15

NYC's Favorite Train Show is Better Than Ever!

NEW YORK BOTANICAL GARDEN



Founding Sponsors

VICTORIA and ROBERT ZOELLNER

The William O. & Carole P. Bailey Family Foundation on behalf of the St. Bartholomew's Conservancy, Inc.

Sponsors

Alpine Associates
Management Inc.



LuEsther T. Mertz Charitable Trust

★macy's

LOCATED IN BRONX, NY, JUST 20 MINUTES ON METRO-NORTH FROM GRAND CENTRAL • GET TICKETS AT **NYBG.ORG**

Get in the game

Revel in Super Bowl glory at the NFL Experience.

ALL PHOTOS BY EVA KIS

Could you jump high enough to make it as a wide receiver?



Run-blocking drills like the pros.

Go from fan to player to Super Bowl champ at NFL Experience, the first-ever football theme park now open in Times Square.



EVA KIS
@thisiskis
eva.kis@metro.us

Most of us can only imagine what life is like for an NFL player, but now you can step right into their shoes at NFL Experience, the first football theme park now open in Times Square.

"We wanted to bring fans closer to the game that they love — and give them an opportunity to touch, feel and experience what it's like to be on the field of an NFL stadium," says Dawn Hudson, chief

marketing officer at NFL Experience. "They walk in as guests, turn into players, and leave as Super Bowl champions."

Spanning three stories at the corner of 47th Street and Seventh Avenue, the NFL Experience is both a home away from home for lifelong fans and a hands-on introduction to the game for tourists who may never have seen an American football game.

"We like to say this is Disney meets the Hall of Fame meets Dave & Busters," says Danny Boockvar, president of the NFL Experience. "You'll see that it's not just memorabilia and facts about the NFL, although there's plenty of that — there's opportunities to immerse like a real player."

First up: reliving the glory. Visitors enter into

a hall of fame-style setup honoring all 32 teams with a mix of conventional memorabilia and digital highlights of their most historic moments, best players and quirky traditions. Newbies can watch a short film that explains the basic rules of the game.

Next is an experience at the cutting edge of digital entertainment: a 10-minute 4D movie that puts you inside a player's helmet, taking you from training camp to the highs and lows of the season and all the way to the Super Bowl.

Starting from NFL archive footage, Cirque du Soleil Entertainment Group turned the it into an immersive experience with screens surrounding the audience on three sides, seats that move and vibrate as players

dive and take hits, plus weather and scents. As Boockvar describes it, "I want my son at the end of this movie to say, 'Daddy, I want to ride that again,' not 'Daddy, I want to see that again.'"

Pumped up? Test your skills against the pros in physical challenges like blocking, passing and jumping. You can (digitally) become a player on your favorite team, learn a play from coach Jon Gruden and actually call it as a quarterback in a video game — choose your receiver wisely.

Staff at the NFL Experience are no less than assistant coaches, psyching you up for each new challenge. Also within their job description: child wrangler. One of them led an excited troupe

of kids on a scavenger hunt of the Hall of Fame room while their parents browsed the memorabilia.



Visitors enter through a Hall of Fame honoring all 32 teams.

There's no shortage of photo ops, from a Gatorade dump using a green screen to selfies with the Vince Lombardi Trophy once you've achieved Su-

per Bowl glory.

Because you're probably hungry after all that, the NFL Experience ends in a food court serving the stunt foods of the moment like customizable ice cream bars and nitrogen popcorn.

But the real treat is a rotating special of the signature stadium food of one of the teams. On a recent night, it was the Arizona Cardinals' Pump Fake, a deep-fried Cap'n Crunch-crusted burger topped with bacon bits, banana coins and caramel sauce on a brioche bun.

Good thing you worked out first.

The NFL Experience is located at 20 Times Square. Tickets are sold by time slots starting at \$39 at nfl Experience.com.

Gifts for *the makers*

If you're lucky, you've got a food-obsessed person in your life, always cooking and hosting dinners. We've got some gift ideas they're sure to eat up. **EVA KIS**

Marcelli Olive Wood Large Bread Board

The Italian cheesemakers and crafters at Marcelli Formaggi use traditional methods to make 13 kinds of cheese in the tiny village of Abruzzo. Serve your favorites on their gorgeous hand-crafted board made of olive wood. \$65, marcelliformaggi.com



Hario Glass Pourover Coffee Maker

The pour-over method has taken over at better coffee shops, and it's time to see what a difference the technique can make in your cup at home. This Japanese version is made with tempered glass for beauty and no funky plastic tang. \$18, whisknyc.com



Everything Bagel & Cream Cheese Kit

Make New York City's signature breakfast food with this kit from FarmSteady, the home of DIY food projects from the crew behind Brooklyn Brew Shop. Inside this box is everything you need to make a dozen everything bagels and your own cultured cream cheese. So, brunch at your place? \$25, farmsteady.com



Mellow Sous Vide Machine

Sous vide (cooking food inside a bag immersed in water) is the latest professional chef trick gone mainstream. Mellow is a smartphone-controlled sous vide machine with one big difference: It will refrigerate your food until it's time for that perfectly cooked meal. \$349, cookmellow.com



America: The Cookbook

Eating your way across America is the road trip we all aspire to take. Until then, Phaidon's massive new cookbook collects 800 recipes for your kitchen from all 50 states, with each getting a deep dive by the famous food personalities and chefs who know it best. \$49.95, phaidon.com

GIFTS & GEAR



Receive a gift with purchase of \$30 or more

*Present this ad in store to redeem. While supplies last.



NBA Store

A Fanatics Experience

45TH ST. & 5TH AVE., NYC

Walking in a Winter Wonderland

things to do

Just some of the seasonal fun at Winter Wonderland, clockwise from top: Snowtube Slide, Santa in his workshop and the Reindeer Run. ALL PHOTOS BY BRANDON HARDIN

City kids finally have a holiday-themed attraction all their own at Winter Wonderland on Staten Island.



EVA KIS
@thisiskis
eva.kis@metro.us

Families looking for kid-friendly fun in New York City this winter finally have a destination just for them.

Winter Wonderland is a 70,000-square-foot

holiday village bringing a little North Pole magic to Staten Island's Richmond County Bank Ballpark, located right next to the ferry terminal.

There may not be a single flake of real snow in Winter Wonderland, but there's plenty of holiday-themed activities best for ages 5 to 12.

Kids can climb on a mechanized reindeer for a "race" around the Reindeer Run (parents can ride, too!), get a taste for downhill thrills on the Snowtube Slide, experi-

ence a "snowstorm" inside the Blizzard Box, play a round of Elf Mini Golf and decorate gingerbread men.

Pint-size carnival games mean kids can win their own stocking stuffers. To keep that throwing arm strong, concession booths sell fair food like burgers and fried Oreos, and the appropriately named Staten Island Noodles that defy any actual culinary category.

The \$10 admission fee gets families access to activities suited to the small-

est visitors, like the Candy Cane Activity Zone with cornhole and giant Jenga and Connect Four, four pint-size ball pits, a visit with Santa and the hourly light shows after dusk.

For the rest of the attractions and games, you'll need tickets sold in books from 10 for \$20 up to 100 for \$100. Skating — on a synthetic ice rink, a sensible if less-than-seasonal move as temperatures continue to hit the high 50s — is another \$10, plus a \$5 skate rental.

When the grown-ups need a pick-me-up, parents can take shelter inside the Igloo Bar. The glass-walled heated lounge serves a modest selection of wine, beer and seasonal cocktails, with live entertainment at 4 and 7 p.m.

You can of course get some holiday shopping from 20 vendors, many of them local businesses like Staten Island MakerSpace etching customizable pint glasses, and Cecil & Abe Emporium with dog toys, essential

and jewelry made by women in Uganda.

Each weekend, Winter Wonderland donates 10 percent of its proceeds to a different nonprofit organization including the St. George Theatre and the Jewish Community Center of Staten Island.

Winter Wonderland is open Thursday-Sunday through Dec. 23 at 75 Richmond Terrace, Staten Island. Admission is \$10, with skating, rides and games extra. For more information, call 877-786-6560 or visit winterwonderlandsi.com.

'The Dead 1904' reminds you to live well

The lively dinner party that has taken over the American Irish Historical Society is done no favors by its title: "The Dead 1904."

After a brief sold-out run last year, the Irish Repertory Theatre has brought back its immersive adaptation of James Joyce's famous short story to the society's circa-1800s Upper East Side mansion.

The experience begins in the foyer, where the audience has arrived to take part in an Irish family's gathering for the Feast of the Epiphany. First greeted by the family's

maid, guests are ushered upstairs to the ballroom, then the dining room for a holiday dinner, and finally one of the bedrooms all the while personal and political dramas swirl around them.

As any survivor of a literature course knows, Joyce's work is about setting many things in motion, but resolving them is not really the point. This first-of-its-kind adaptation ends up being more of a mood piece visitors can project their own modern-world anxieties onto.

Family gatherings are always a powderkeg,

and this one kicks off some spectacular sparks. There's the maid who reveals a hidden talent for song — not that the lady of the house is having any of it. The secret newspaper columnist who rejects any notion he's getting political at home while writing about revolutions abroad. The ne'er-do-well cousin appears to drink to cope with the disappointment that he doesn't fit into his world.

Inside or outside the home, we all have our roles to play, and it's at our own peril that we refuse to conform to them.



The audience is treated to a banquet dinner alongside the cast of *The Dead 1904*. CAROL ROSEGG

If you go

The Dead 1904
Through Jan. 7, 2018
American Irish Historical Society, 991 Fifth Ave.
\$150+, irishrep.org

The lack of plot is, in a rare treat, not detrimental to the experience. The cast mingles with the audience in every scene but the last, with diversions like period-style dancing and (as all family gathering necessitate) plenty of drinks throughout the play, from a welcome shot

of Writer's Tears whiskey to wine with dinner — an authentic and generous Irish feast prepared for 21st-century tastes by Great Performances.

Throughout, the "dead" lurk everywhere, from customs that have fallen out of favor to the feeling of being alive but

out of touch with the world. Instead of allowing existential dread to haunt its celebration, "The Dead 1904" confronts it in a night that is a feast for the mind and belly, as the best gatherings are. It is a reminder to live well — otherwise, we're just dying slowly.

YOUR WEEKEND STARTS NOW

ARTS

"Christmas Carol Cocktails"

The team behind "The Imbible: A Spirited History of Drinking" — the off-Broadway hit that's been getting audiences tipsy while teaching them about cocktail history since 2014 — gets into the spirits of the holidays with "Christmas Carol Cocktails." Scrooge learns the true meaning of mixology past, present and future when he tries to throw a Christmas party (set to a capella accompaniment). Three cocktails are included in the ticket price. Through Dec. 30, 777 Theatre, 777 Eighth Ave., \$80.50-\$100.50, imbible.nyc

SINGING

Choiroke

Getting up onstage all by yourself for karaoke can be daunting — so the Urban Choir Project is giving you a whole choir of backup

BIKING



Cranksgiving

This annual food scavenger hunt for charity — on bikes, hence the name — starts at Bed-Stuy Restoration Corp. to get the list. Then, participants ride off to find those items and pedal to the endpoint as fast as possible. You bring \$20 to buy the goods, which get donated. It ends at 6, but that's just the start of the after-party at Starr Bar in Bushwick. Dec. 2, 2-6 p.m., Bed-Stuy Restoration Corporation, 1368 Fulton St., \$20, cranksgiving.org

DANCE

Ballet Hispanico at the Apollo Theater

Ballet Hispanico's residency at the Apollo has become a winter

tradition for many. This December, the acclaimed Latino dance company presents three signature pieces: "Con Brazos Abiertos," a folkloric work about growing up Mexican-American; "Espiritu Vivo," comparing the African and Latin diasporas; and "Bury Me Standing," about the Roma culture and people.

Dec. 1-2, 8 p.m., Apollo Theater, 253 W. 125th St., \$10-\$65, ballethispanico.org

HOCKEY

New York Rangers Open Practice

For the first time since 2003, the New York Rangers will be practicing outdoors and inviting fans to come watch them for free, as part of the lead-up to the annual Winter Classic. Doors open at Central Park's Lasker Rink at 11 a.m., with both seating and standing room available.

Dec. 2, noon-2 p.m., Lasker Rink, free, rangers.nhl.com

DRINKS

Wine Riot

If you needed another reason to get together with friends to drink this holiday season, your wish had been granted. Wine Riot returns to the Brooklyn Expo Center with three hours of unlimited tastings. You can learn a little something about vino, if you so choose, by attending 20-minute crash courses or trying guided tastings with themed Wine 101s. There's a Friday night session, then two on Saturday. Dec. 1-2, Brooklyn Expo Center, 72 Noble St., Brooklyn, \$65, wineriot.com

DRINKS

Ugly Sweater PubCrawl NYC

Before SantaCon, there's the Ugly Sweater PubCrawl. Participants don their loudest, brightest, sparkliest and most ironic holiday sweaters to hit the streets of the

East Village while taking part in an organized bar crawl that starts at Bar None at 2 p.m. Revelers enjoy deals like \$2 beers and half-off well drinks, plus other great specials at 10 venues. Dec. 2, 2-7 p.m., 98 Third Ave., \$12-75, pubcrawls.com

SHOP

Oddities Holiday Market

Some people are just hard to shop for, like the friend whose home decor includes animal bones. Cross them off at the Oddities Holiday Market, with three floors curated by osteologist Ryan Matthew Cohn. It features everything from taxidermy and strange literature to obscure collectors items and occult artifacts. There are three bars serving specialty drinks, where you may spot visitors like Krampus and Dirty Santa. Dec. 2-3, 11 a.m.-6 p.m., Brooklyn Bazaar, 150 Greenpoint Ave., Brooklyn, \$5-\$20, atlasobscura.com

T. MICHELLE MURPHY



PUT YOUR BEST FACE FORWARD

Free halo laser treatment with facelift procedure

OFFER MUST BE BOOKED BY 11.30.17



*FACELIFT PERFORMED BY DR. ENDE



try.lexingtonplasticsurgeons.com/facelifts | 113 E. 39th Street (b/w Park and Lexington Ave)

Call for a Free Consultation. 855-718-2703

The Future of Foot Surgery has arrived at NY Podiatric Medicine



Don't hide them... **WE CAN HELP!**
Specializing in Surgery and Aesthetics of the Foot.

Dr. Andrew Glass DPM
212-867-2500

NEW YORK PODIATRY MEDICINE AND SURGERY

Cutting Edge Means Less Cutting



MINIMALLY INVASIVE
Bunion & Hammertoe Surgery
We have performed thousands of these procedures with state of the art technology

www.nymidtownpodiatry.com
MIDTOWN
315 Madison Ave., Suite. 2301 • 212-867-2500
As seen on and

All Photos of Actual Patients



HAMMERTOE CORRECTION

MOST INSURANCE PLANS ACCEPTED
FREE CONSULTATION WITH THIS AD

No kids allowed

Goodbye, responsibility.

Hello, adults-only vacation at these sophisticated resorts.

Fodor's Travel

Magee Homestead

Adventurers and explorers will relish the wide-open expanse at Magee Homestead in Saratoga, Wyoming. There's so much to do here, from shooting and archery to horseback riding and an aerial ropes course. Of course, there's nothing wrong with simply relaxing poolside after a spa treatment. The spa uses herbs grown in the ranch's new greenhouse in herbal compresses, and much of the produce is used in the kitchen. The ranch even has its own herd of Akashi Japanese Wagyu cattle. With just nine cabins, you'll often feel like you have the place to yourself.

The Point

The 11 cabins that make up The Point on Saranac Lake, New York, were formerly William Avery Rockefeller's summer home back in the Gilded Age. Here, everything from menus to activities is entirely customized, so you can simply wake up and do whatever you feel like doing. They'll set up lunch for you in the woods if you'd like to go hiking, or take one of the Budsins Wood Craft lightning bug boats out for a picnic cruise. Dinner is served at 8 p.m., bringing everyone together for a feast after a casual cocktail hour, but you can always dine in the privacy of your room too. There's no WiFi, so go forest bathing or work on a jigsaw puzzle by the fireplace.

Hotel Wailea

Wailea is perhaps the most popular beach in Maui, but Hotel Wailea is

the only adults-only option around, ideal for intimate romance away from the larger, more crowded beachfront properties. Hawaii's only Relais & Chateaux property offers 72 one-bedroom suites, all with private ocean-facing lanais. Guests can take complimentary aerial yoga classes, go canoeing, or learn to kiteboard—the hotel has its own kiteboarding academy.

INSIDER TIP: From December through April, you'll likely spot whales during a sunset sail.

Cal-a-Vie

Come to Cal-a-Vie for a generous dose of Southern Californian healthy living. This health spa doesn't feel restrictive but rather nourishes the body, spirit, and mind with nutritious food, breathtaking hikes, and fun exercise options from cardio kickboxing to Zumba and water



Monastero Santa Rosa is an intimate getaway with just 20 rooms. PROVIDED

volleyball. Sign up for a three-night, four-night, or weeklong program to recharge your batteries and take care of yourself. Spa treatments are included with all packages, so soothe sore muscles and relax after a vigorous workout.

Villa Buena Onda

It's hard to believe the tranquility at Villa Buena Onda, just 20 minutes from Liberia International Airport in Costa Rica. The two-tier pool, spa, and ocean-facing yoga deck are just a few of the relaxing amenities, and toiletries in the eight rooms are made locally by Raw Botanicals. You're close enough to walk into Playas del Coco, a charming and tourist-friendly fishing village, although

it's tempting to spend all day at the members-only beach club. Costa Rica is famous for its array of flora and fauna, and you'll spot lush plants, monkeys and birds while strolling the property's tropical dry forest grounds.

Rancho Pescadero

Todos Santos is known as Mexico's artist enclave, the Tulum to Cabo's Cancun. Rancho Pescadero embraces the ethos of relaxed luxury on 15 acres of private beach beneath the Sierra Laguna mountains. There's surfing, fishing, and the opportunity to swim with whale sharks in the summer. Culinary connoisseurs can enjoy mixology classes or stroll through the garden with chef César Pita before

preparing lunch with the best Baja ingredients. The resort often hosts guest chefs for special weekends and there are arts, music and film festivals in Todos Santos throughout the year.

Monastero Santa Rosa

At Monastero Santa Rosa on the Amalfi Coast of Italy, a cliffside 17th-century convent has been turned into a secluded 20-room luxury resort overlooking the Bay of Salerno. The full-service spa is impressive for such a small property, and canopied daybeds entice guests to curl up with a lover or a good book. Terraced organic gardens provide herbs and vegetables for the on-site Ristorante il Refettorio.

EXPERT ADVICE CRUISE.COM LOWEST PRICE

LOWEST CRUISE PRICES GUARANTEED plus No Booking Fees

ULTIMATE CRUISE SAVINGS EVENT!

up to \$1700 Onboard Credit, up to \$1700 Cash Back, Free Gratuities, Bogo Sale 50% OFF 2nd Guest, Get up to 4 Amenities, Free Upgrades, Free Internet, Free Beverage Package, Free Specialty Dining, Reduced Deposit, Spa Treatment, 3rd/4th Guest Sail Free or Shore Excursion Credit on select sailings & categories

ALASKA CRUISES		CARIBBEAN/BAHAMAS	
7-Day Alaska \$529*	7-Day Alaska \$589*	7-Day Bahamas \$439*	11-Day Caribbean \$449*
7-Day Alaska \$649*	7-Day Alaska \$699*	7-Day Bahamas \$549*	8-Day Caribbean \$729*

Deals of the Week

15-Day Hawaii Cruise
\$1299*

EUROPE CRUISES

7-Day Europe \$379*	10-Day Europe \$479*
7-Day Europe \$539*	7-Day Europe \$699*

EXOTIC CRUISES

7-Day Bermuda \$549*	9-Day U.S./Canada \$599*
7-Day Bermuda \$649*	7-Day U.S./Canada \$689*

800-395-6127

Fall In Love With You Again

www.nylaser.net

COOL LIFTING ANTI AGING WITH IMMEDIATE RESULTS Look Younger in 10 Minutes • Boost Collagen • Reduce Wrinkles 2 Sessions for \$199	THERMAGE NON SURGICAL ONE TIME TREATMENT Reduces Eye Bags Tightens Face or Body Lifts Sagging Eyes Face: \$899 • Eyes: \$599 Body Part: \$899 Plus receive a: \$50 Gift Card	CLEAR & BRILLIANT ANTI AGING Prevents signs of aging comfortable, fast & effective Builds collagen \$150 \$50 SPA SPECIALS • Microdermabrasion • Deep Pore Facial • Oxygenation • Cavi Lipo to Reduce Fat & Cellulite • Zeronia Lose 3-9 Inches in 2 Weeks
VELASHAPE III Rids Cellulite Tightens Skin 2 FOR \$199	EYE DISCOLORATION REDUCTION 10 Gentle Wave Treatments for \$249	LASER HAIR REMOVAL Small Area: \$50 Medium Area: \$75 Large Area: \$99

No time to come in before this ad expires? Call today to pre-pay with no expiration!

180 7th Ave. South Btwn W. 11th & Perry St | 212.229.1389 | Open 7 Days | Expires 11/30/17



Laser, Slimming & Anti Aging Spa

MARA BENCHED THE WRONG PERSON

OPINION



KRISTIAN DYER
@KristianRDyer

John Mara signed off on the wrong benching. Scratch that. John Mara signed off on the wrong *benchings*. The decision makers behind this move should have been given a seat, not quarterback Eli Manning.

In a move that still doesn't feel real, Manning was benched on Wednesday, a move made by head coach Ben McAdoo and General Manager Jerry Reese that reeks of not just desperation, but incompetence. The kind of gross incompetence that sees a playoff team go from 11-5 a year ago to 2-9 this season, making the Giants one of the first teams in the league to be eliminated from playoff contention.

But Mara's approval,

whether tacit or complicit or perhaps even fully endorsed by the Giants owner, is directed at the wrong people.

It is not Manning who should have been benched. Rather, it is McAdoo and Reese. And not timeout, time to sit in the corner kind of benching.

These two should have been fired by Mara the moment they suggested that Manning see the sidelines.

This season isn't Manning's fault and he shouldn't be the fall guy here. This season was built on overspending last offseason by Reese and the failure to build an offensive line that could compete — again a massive failing by Reese. There was the inability to develop a running game, a fault that falls on McAdoo. And there's been the two-year struggle by the Giants head coach to corral the antics by wide receiver Odell Beckham Jr.



Ben McAdoo and Jerry Reese should be punished, not Eli Manning. GETTY IMAGES

There is plenty of blame to go around, but to bench Manning given all that he's meant to this franchise in a season that doesn't fall on his shoulders is beyond insipid.

The lineage for Manning over the past 210 consecutive starts in Giants' blue is as impressive as any quarterback in franchise history. His four Pro Bowl appearances,

two Super Bowl titles and two Super Bowl MVP's rank him among the best quarterbacks of his generation.

Make no mistakes about it, Manning is an elite quarterback.

But his past laurels shouldn't be enough to keep him in the starting lineup and yet this season hasn't seen a significant drop in his

form (if any). There are key indicators here that despite the numbers of sacks and hits he's taken this year that Manning is still playing well.

Well enough, certainly, that he should be the Giants starter this weekend.

Despite playing behind the league's worst offensive line and without Beckham as well as number two target Brandon Marshall for much of the year, Manning has still kept pace with previous years.

He is still a quarterback who can make the throws, who is limiting mistakes. That his wide receivers are among the league leaders in drops, that he's taken more hits this year than some quarterbacks take in a lifetime — all those things explain far more about this inept offense than anything Manning has or hasn't shown this year.

Manning isn't the Giants biggest problem. The team built around him

based on the buffoonery of McAdoo and Reese is the far bigger issue.

One can understand the Giants wanting to wait out the year before moving on from this clown show of a head coach and general manager. But for Mara to give the proverbial thumbs up on this decision to bench the best quarterback in franchise history is puzzling, bizarre and something so insane that it seems otherworldly for a franchise that prides itself on tradition and legacy.

Manning deserves better than this given not just his class and significance within the pages of this team's annals but the fact that he simply isn't to blame for this year's precipitous tumble down the standings. The eventual firing of McAdoo and Reese will come soon enough but it should have been those two and not Manning who got benched on Tuesday.

Send in the clowns.

APPROVED
NOVEMBER 14, 2017
INTERVIEW

BIOTRIAL is recruiting for a study which includes an in-house stay of 11 days / 10 nights and 1 end of the study visit.

You may be compensated for your time and travel up to \$3,600 for your participation in the study.

You must be:

- Healthy male or female between 60 - 85 years of age with a BMI between 18 - 30 kg/m².
- Non-smoker or ex-smoker for at least 6 months.

Need more info?
Call recruitment at
(844) 246-8459

No time to talk?
Email recruitment@biotrial.com
or register online at
www.biotrial.com

• Biotrial is located at 130 Norfolk Street Newark, NJ with easy access to NJ Transit Norfolk Street light rail station.

BIOTECHNOLOGY
LIFE CHANGING THERAPEUTICS

ERECTILE DYSFUNCTION?
Looking for other treatment options?

Get the facts about treatment options at our **FREE** **erectile dysfunction** seminar.

Attend a FREE Men's Health Seminar:
Presented by: Dr. Bob Berookhim

Wednesday, December 6, 2017
Registration: 6:00 PM, Seminar: 6:30 PM
The Edge Hotel
514 W 168th St
New York, NY 10032

Partners and guests welcome. Refreshments will be served.
Meet with a Patient Champion to learn more.

Space is limited, call to register today. 1-877-433-2873

Boston Scientific Corporation has sponsored funding for this patient seminar and accompanying educational material.

AMS
MEN'S HEALTH

Geno has some big shoes to fill

ELI MANNING**GENO SMITH**

212	GAMES PLAYED	34
210	GAMES STARTED	30
110-100	RECORD	12-18
50,625	YARDS	5,962
334	TOUCHDOWNS	28
222	INTERCEPTIONS	36
6	PLAYOFF APPEARANCES	0
8-4	PLAYOFF RECORD	0-0
2	SUPER BOWLS WON	0
2	SUPER BOWL MVP	0

JOE PANTORNO

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

Are you or a loved one suffering from Alzheimer's disease?

NYSPI IRB Approved
3/10/2017 -> 3/9/2018

Free Treatment for individuals ages 55-95 with Alzheimer's disease who have symptoms of Agitation or Aggression



In this research study, eligible participants will receive free:

- Medical evaluation
- Monitoring of memory and other intellectual functions
- 12 weeks of study treatment with subsequent follow up

A caregiver needs to be involved during the research study period

If interested, please call (646) 774-8668

The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by the National Institute of Health.

COLUMBIA UNIVERSITY
MEDICAL CENTER
Dissemination Grant Fund

Your have the power to change the future of medicine.

Join a clinical trial and help advance future treatment options for people with a wide range of diseases.

If you qualify, you may receive:*

- Payment up to **\$1,000** (amount varies by study)
- Access to medical specialists
- Study medications at no cost

Call 855-649-4676 or Visit studiesforyou.com to learn more.

*In a clinical research study, the participants may receive an investigational study product or may receive an inactive substances, call placebo, depending on the study design. Participants receive study-related care from a doctor/research team for the duration of the study. Reasonable payments will be made for participation and the length of the study may vary.

Do you have Psoriasis?

YOU MAY BE A CANDIDATE FOR A
CLINICAL RESEARCH STUDY

We are enrolling into a clinical trial, studying the effectiveness of an oral investigational medication for moderate to severe psoriasis of the scalp and body.

To qualify you must:

- Be 18 years of age or older
- Have plaque psoriasis on both the body and scalp (Other restrictions apply)

Health insurance is not needed to participate & you may receive reimbursement for time and travel.

For more information, please call: (212) 772-7242
or email: SRG@sadickdermatology.com

Sadick Research Group
911 Park Ave., Suite 1A
New York, NY 10075

Are **DRUGS** or **ALCOHOL** a problem for you?

Are you at least 18 years old?

You may qualify to participate in a **CONFIDENTIAL** research study!

If eligible, you will receive \$305 in gift cards for full participation in the study.

To learn more, call: **646-774-7931**

Substance Dependence Research Group
New York State Psychiatric Institute

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751
or email peter.blankenstein@metro.us



NO PRESSURE. NO JUDGMENT

HIV RESEARCH STUDY

We understand HIV can be a roller coaster and it is difficult to stay on HIV medications and go to medical appointments. The Heart to Heart 2 Program addresses these issues **without judgment or pressure**. We get it.

We are looking for people who are **struggling with HIV medications and HIV care** for a research project conducted by the NYU Meyers College of Nursing.

You must be between the ages of 18 – 65 years old, living with HIV, living in the NYC metropolitan area, and African American/Black or Latino/Hispanic to participate.

Contact us at **646-580-2725** for more information and to see if you qualify for the study.
Compensation is provided and your participation is confidential.

Approved by the NYU School of Medicine
IRB #s 15-01480 PI: Marya Gwadz, PhD

LEGAL SERVICES

To advertise, call Sandra
Bestrepo at 212-457-7751 or
email sandra.bestrepo@metro.us

BANKRUPTCY ATTORNEY

Chapter 7 Specialist • One Low Fee for All • Installments
Personal, Caring Attention • Free Consultation

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn

Service • Savings • Satisfaction • Simon!

CAREER TRAINING



JOBS

We Train & Place!
Call: 718-263-0750

- PCT • HHA • CNA
- MED Billing/Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Fashion Designing
- Media concepts:
Audio • Video
- Solar Tech
- SAP

**US Vets
Call
Now**

**FREE TRAINING IF QUALIFIED
Students Visas @ Low Cost**

On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

PEST CONTROL SCHOOL & SERVICES

6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION
& RECERTIFICATION IN BED BUGS, TERMITES,
STRUCTURAL, FOOD PROCESSING & LANDSCAPING

BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS

1(800) 220-5494 or (718) 205-0557

pestcontrolschoolny.com | pestmanagementsciences@yahoo.com
Call or Text #917.653.0319

metroCLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us

JOBS

General Help Wanted

HOME HELPER WANTED

HHA FOR GREATER PAY!

Without HHA? You can still
help elderly friends & family
members for great pay!

646-799-6062

646-660-0530 | 646-832-7647

or visit us at: 110 West 34th St.
Suite 1207 Manhattan, M-F, 10-5

Full Time Medical Assistant

Bilingual Spanish/English
preferred.

Interested:
email.meliza@treatmentsofmanhattan.com

ITEMS WANTED

CASH FOR DIABETES TEST STRIPS

PRICES ARE UP!!

Up to \$50/box!

Payment made

SAME-Day

We Receive!

Call Kerri

for a Quote Today!

800-413-3479

www.CashForYourTestStrips.com

Absolute Yes! SAME DAY

!CASH PAID!

\$45 AcuChek 100/Smartview100

888-415-0796 instant!

for Diabetic Test Strips

224 w 116 st, M-F, 2-4 p

or mail in B,C,2,3 trains

LEGAL NOTICES

NOTICE IS HEREBY GIVEN
that a license, Serial # 1306574 for
Beer & Wine has been applied for by
the undersigned to sell Beer & Wine
at retail in Restaurant under the
Alcoholic Beverage Control Law at
552 Henry St., Brooklyn, NY 11231,
for on-premise consumption. New
Koto Sushi at Carroll Garden Inc.
d/b/a Koto Sushi & Steak

NOTICE IS HEREBY GIVEN
that a license, Number 1305824,
for On Premise Liquor, has been
applied for by the undersigned to
sell Liquor, Wine, Beer & Cider at
retail in a Restaurant under the
Alcoholic Beverage Control Law at
561 Southern Blvd., Bronx,
NY 10455. Bronx County, for on
premises consumption. Casa
Zola, Corp.

metroCLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us

REAL ESTATE

Real Estate for Sale

Scotch Plains, NJ
3br, 2bth, Perfect First Home.
Big Yard. Good Schools.
\$324,900
Keller Williams Realty
C 908-477-4907
O 908-233-8502

Rooms for Rent

All Manhattan/Bronx



Furnished Rooms For Rent!
Cable/Internet Ready! Move
In Today! All utilities Inc.
Starting Just \$150/wk.
Call Us Now: (212) 368-2685

100's Available, All Boroughs



Private Entry Bath Cooking
1 Person/2 Person \$125wk/up room rentals
Studios \$900/up
212-210-0921

Manhattan & Bronx Rooms



Private rooms in apt. Fully equipped.
Start 150 wifi/cable included.
Move same day! • (212) 862-0030

PSYCHICS

SPIRITUAL HEALER ANNA

Finally there is a born gifted healer you can trust...

She has over 40 yrs exp. She will know the causes of your problems
without asking any questions & knows how to solve them: marital issues,
illnesses, relationship issues, divorce, own sickness, help children,
couple's, taking success to business, job, exams, etc.

Anna cannot help you no and can't. She is superior to all others.

She is one of the only certified Spiritual healers.

Reading by Phone First Reading Free



MARRIED COUPLE

Someone had wished I would marry the
man I love... Thanks to Anna we are now
happily married!



FAMILY

My three boys married for six years
and had no children. Thanks to Anna
we now have two healthy kids.



HUSBAND & WIFE

Our business was failing, we had no hope
until my husband called Anna for help.
A few days later we started to see
amazing results!

347-368-2424

metroCLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us

**DEADLINE: 2 BUSINESS DAYS PRIOR TO
PUBLICATION AT 4 PM.**

PSYCHICS

**POWERFUL AFRICAN
SPIRITUAL READER**



Highly gifted & powerful spiritual healer fluent in English & French All matter of life issues, personal growth guidance & clarity in finance, love, career, black magic specializing in removing evil spirits, voodoo, jaadoo, bring back loved ones, protection guaranteed. Quick Results. 100% Guaranteed.

One Call, One Visit Will Change Your Life
CALL MR TASLIMY AND GET HELP
917-385-9382
www.taslimyadvisor.com

PSYCHICS

PROFESSOR ABU SALAM

POWERFUL & MYSTICAL AFRICAN HEALER & SPIRITUALIST.
PROFESSOR SALAM 20 YEARS EXP.
BY ANCESTORS POWERS.

Love Specialist: Reunite Lovers Fast & Effective
Spell & Black Magic & Jadoo • Negative Energy
Luck • Exams • Court • Success • Finances
Family Prob. • Sexual Power • Etc...

72 HOURS RESULTS
WWW.PSYCHICSALAM.COM
MANHATTAN & BROOKLYN

CALL 917-595-9916

PSYCHICS

MOST POWERFUL AFRICAN PSYCHIC



Mr. KALLO
LOVE GURU



30 Years Experienced **LOVE EXPERT**
I BRING BACK LOVED ONES
ONE VISIT & YOU WILL SEE RESULTS.
I NEVER LOOSE ANY CASE

I can Help you in Problems: Marriage, Court case, Business, Depression, Bond Families, Stop Divorce, Stress Removal, Bad Luck, Evil eyes, Jadoo & Negative Energy
NO MORE PAIN, NO MORE DISSAPPOINTMENT,
MEET LOVE MASTER TODAY & GET SOLUTIONS

347-271-3493, 917-946-4662



Mr. Fode
**International Spiritual
Healer and Clairvoyant**

With 40 years of experience, inherited through family with reputation of helping people all over the world. I can solve your problems in the quickest way!

BRING BACK YOUR LOVED ONE, PROTECTION,
REMOVE ALL BLACK MAGIC WITCHCRAFT AND
IMPOTENCY, BRING HAPPINESS INTO YOUR LIFE
AND MANY MORE 100% GUARANTEED

BROOKLYN LOCATION
CALL 347-798-7742.

**INDIAN ASTROLOGER, PSYCHIC
SPIRITUAL HEALER**

PANDITH : SIDDHARTH
REMOVE & DESTROYS
BLACK MAGIC, EVIL SPIRITS, BAD CURSE
VOODOO, OBEAH, BAD LUCK
JEALOUSY, BLOCKAGE & ALL EVILS
GIVES PROTECTION FOR HOUSE & JOB

Solves Problem : Health, Money Job
Business, Love, Marriage, Depression
Family & Children Problem, Enemies
Court Cases, Sexual, Negativity Etc...

GIVES UNBREAKABLE PROTECTIONS
SPECIALIZED IN BRINGING LOVED ONES BACK
100% GUARANTEED RESULTS FREE READING ON
MONDAYS & SATURDAYS

Tel: 718-200-4243

51, Willoughby Street, Brooklyn, NY 11201
Serving Jai Si & Lakshmi St. Times & C.Y. 10 To Jay Street

SRI HANUMAN JYOTISH MANDIR



Psychic & Astrologer

Pandit: Swamy

**KNOW YOUR PAST,
PRESENT AND FUTURE**



**VEDIC SOLUTIONS
ARE AVAILABLE FOR**

Health Education
Family Job
Marriage Divorce
Love Children
Business Promotion
Court Cases Visa Problem
Husband Wife relationship
Lucky Numbers etc.

ALL RELIGIONS WELCOME
He can perform Devi upasana
Lakshmi Pooja Shanti Pooja
(Prayers) and all so protection
from enemies and jealousy

PRIVATE & CONFIDENTIAL

**Removes Black Magic
in 3 Days & Gives
100% Protection**

929-256-7026
224E. FORDHAM RD. BRONX, NY 10458
Opp. to BURGER KING & POPEYES

GENUINE SPIRITUAL HEALER

Clairvoyant • Medium • Astrologer.

Specialize in Relationships, If your loved one.
Husband or wife Walks out on you. I can help bring
him back immediately with the most powerful spell.
Business • Court Case • Success • Exams
Sexual Prob. • Marriage & Remove Evil Spell
Black Magic • Bad Luck • Jaadoo
Voodoo & Stop Enemy • Etc...

Seek help from

Mr MAROOF

YOU WILL GET RESULT
IN 72 HOURS
100% GUARANTEED



www.spiritualmaroof.com
CALL 646 891 7809

Mr. SAIDOU



International Spiritualist
Medium & Psychic Over
40 yrs exp. Bring back loved
ones in the Quickest Way,
Stop Infidelity, Business

Success, Exams & Career, Black Magic
Specialist, Clear Negativity, Bad Luck,
Protection, Sexual Problems etc.
Results in 7 Days Guaranteed.

Call 516-206-8543 and 646-339-9948

www.spiritualsaidou.com

132nd Street, 7th Ave., Manhattan, NY

**SHEIKH MOONIR PROMINENT SPIRITUAL
HEALER & ADVISOR**

THE MAN YOU CAN TRUST WITH HIS GIFTED POWER
AND KNOWLEDGE FROM HIS ANCESTRAL SPIRIT
ARE YOU SUFFERING FROM UNEXPLAINED DEPRESSION?
SHEIKH MOONIR CAN GIVE YOU THE WAY OUT WITH
REGARDS TO MARITAL, LOVE, HEALTH, BLACK MAGIC,
CAREER, IMPOTENCE, LUCK, BUSINESS, PROTECTION,
EVIL EYES, DREAM INTERPRETATION ETC...



DONT HESITATE TO CALL QUICK RESULTS
GUARANTEED IN 72 HOURS
CALL **917-885-4890** • mounirbah81@gmail.com

metro
CLASSIFIEDS

To place an ad call 866-900-9473
or visit us at **www.metro.us**

**DEADLINE: 2 BUSINESS DAYS PRIOR
TO PUBLICATION AT 4 PM.**





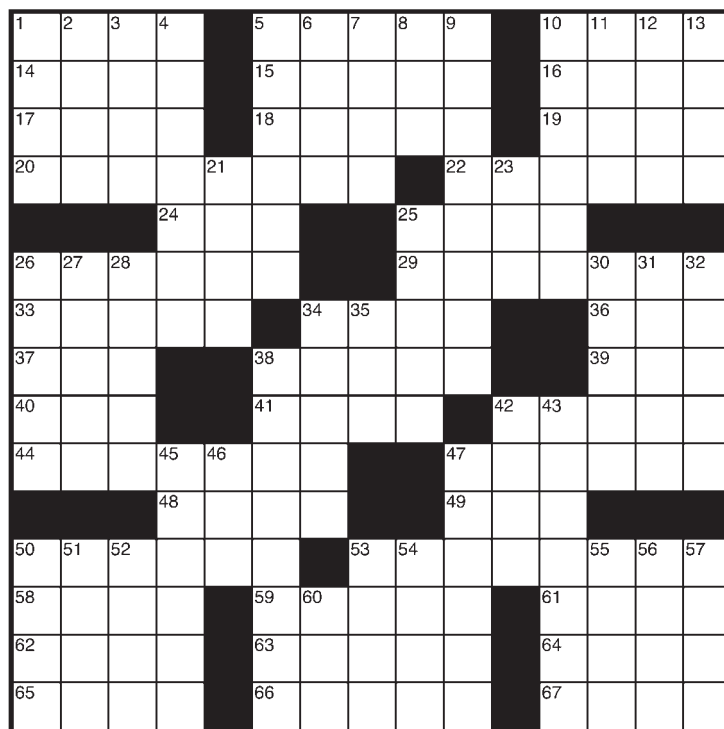
Across

- 1 Insignificant
- 5 Music genre
- 10 Mountains in Europe
- 14 Mouse target?
- 15 Truck, in London
- 16 Vault
- 17 Caked-on dirt
- 18 Beeper
- 19 Formerly
- 20 Pertaining to fall
- 22 Striped
- 24 Sinbad's transport
- 25 Tosses
- 26 Rubber boot
- 29 Loser (hyph.)
- 33 Not quite right
- 34 Big Foot cousin
- 36 Tribute in verse
- 37 Coal measure
- 38 Mr. Goldfinger
- 39 Pile of hay in a barn
- 40 Sitcom planet
- 41 Examine
- 42 Blaze up
- 44 Update inventory
- 47 Hot dog
- 48 Twisted
- 49 Physics unit
- 50 Grads
- 53 Airs out
- 58 Medieval weapon
- 59 Divulged

- 61 October's stone
- 62 Disagreeable person
- 63 Make glad
- 64 Ms. McEntire
- 65 Wait
- 66 Positioned
- 67 Wren's residence
- Down
- 1 Transparent mineral
- 2 Linen color
- 3 Send packing
- 4 Motorcycle races
- 5 Turn pale
- 6 Entertainer -- Falana
- 7 Europe-Asia range
- 8 Use poor judgment
- 9 Standing for
- 10 Maria Conchita --
- 11 Furnish
- 12 Rate of speed
- 13 Rushed

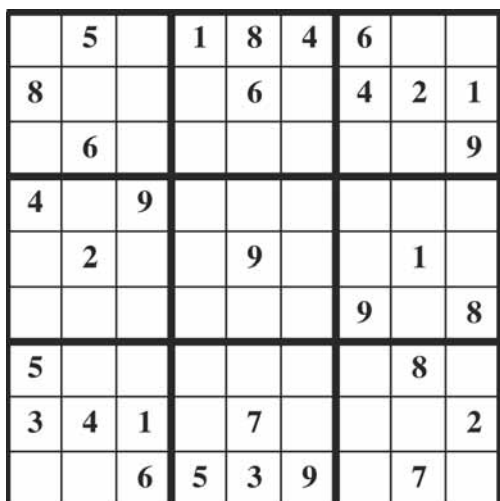
- 21 Fallen log coverer
- 23 Crunch targets
- 25 Caesar's tongue
- 26 Gainesville fan
- 27 Love in Italy
- 28 Bits of chain
- 30 Hannibal's foe
- 31 Put on a pedestal
- 32 More innovative
- 34 Disgusting
- 35 Time span
- 38 Gives credit
- 42 Flat-needled trees
- 43 Straw hat
- 45 Obediently
- 46 Purchase
- 47 Used a hoe
- 50 Rock-concert need
- 51 Milk, to Yves
- 52 Stanford rival
- 53 Toga bash venue
- 54 Nerve network
- 55 Pentathlon item
- 56 Seizes
- 57 Bed support
- 60 Boxer who "stung like a bee"

metro.us/crossword

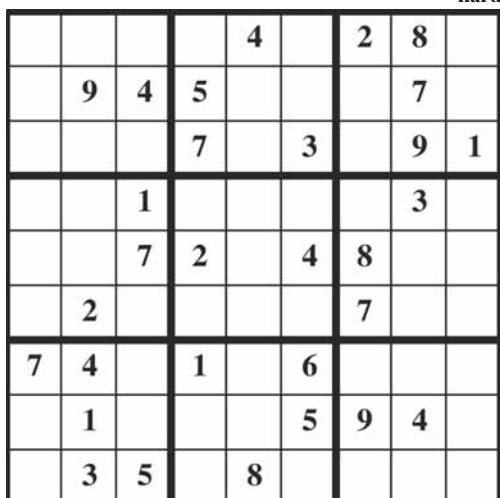


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries You are in the zone and prepared to take on any task you face. Speed up and take matters into your own hands. Become the powerhouse required to meet demands.



Taurus Treat superiors with respect, and have patience when dealing with bureaucracy. Explosive situations will only turn in your favor if they are controlled properly.



Gemini Refuse to let anger take charge if you don't like what someone does or says. Keep the peace, but offer wisdom and solutions that will make a difference.



Cancer Don't bend to whatever whim moves a certain someone. Say no and spare yourself the stress of having to wiggle your way out of something you don't want to do.



Leo Refuse to let emotions or pride stand in your way. If you accept the inevitable, you will be able to turn it into a positive with a little ingenuity.



Virgo Get into the mood when it comes to networking events or educational pursuits. How you present who you are and what you have to offer will determine your success.



Libra Positive change is highlighted. Don't be afraid to follow your gut feeling and do what's best for you. A business trip, meeting or educational pursuit is favored.



Scorpio Dealing with institutions and government agencies will be taxing but worth your while if you can take advantage of a loophole, rebate or settlement.



Sagittarius A positive change to your current living arrangements will encourage you to spend more time with someone special. Channel your energy into what makes you happy.



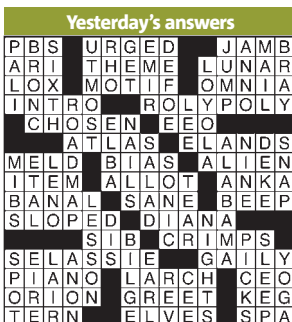
Capricorn Don't get flustered if you are dealing with a superior, institution or government agent. Stay focused on what you can get done, not on what stands in your way.



Aquarius Favors can be called in, and doing something that you've always wanted to do will now be an option. Don't procrastinate when you should make a positive change.



Pisces Concentrate on changes going on at work or with you personally. Knowing what you are up against will encourage you to accept what's happening. **EUGENIA LAST**



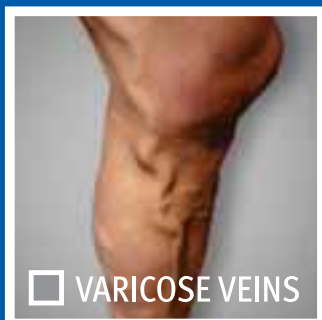
Can't wait until tomorrow to check your answers? Visit **metro.us**



metro As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **Press releases** pressrelease@metro.us • **sales fax** 212-952-1505 • **Chief Revenue Officer** Ed Abrams, Ed.Abrams@metro.us • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **Managing Editor** Morgan Rousseau, morgan@metro.us • **Site Director** Linnea Zielinski, linnea.zielinski@metro.us • **Night Editor** Jason Nuckolls, jason.nuckolls@metro.us • **Art Director** Billy Becerra, billy.becerra@metro.us • **Sports Editor** Matt Burke, matt.burke@metro.us • **Features Editor** Joshua Crouthamel, joshua.crouthamel@metro.us • **Entertainment/TV Editor** Matthew Juul, matthew.juul@metro.us • **Going Out Editor** Eva Kis, eva.kis@metro.us • **Head of Production** Matt Prowell, matt.prowell@metro.us

Certified Audit
CAC
of Circulations

ARE YOU **SUFFERING** FROM..?



☐ VARICOSE VEINS



☐ SPIDER VEINS



☐ LEG ULCERS



☐ LEG SWELLING

OR OTHER SYMPTOMS LIKE: ☐ ACHING ☐ BURNING ☐ ITCHING ☐ RESTLESSNESS



Personal & discrete care delivered directly by Ronald Lev, MD



Certified by the American Board of Venous and Lymphatic Medicine



Minimally invasive procedures



We Accept Most Health Insurances including Medicare

CALL TODAY!

212.204.6501

Trust the doctor that cares about you!

GET IN SHAPE WITH JUST **1 SESSION**



SmartLipo



Precision TX



Cellulaze



Botox



212.204.6501



111 John St, Ste 1450 (bet Cliff & Pearl St)
New York, NY 10038



369 Lexington Ave, Ste 18 A (bet 40th & 41st St)
New York, NY 10016

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM